



80 Apartments (Two Buildings)
Proposed in Wollaston - Page 2

Memorial Day Ceremony At
Hancock-Adams Common - Page 3

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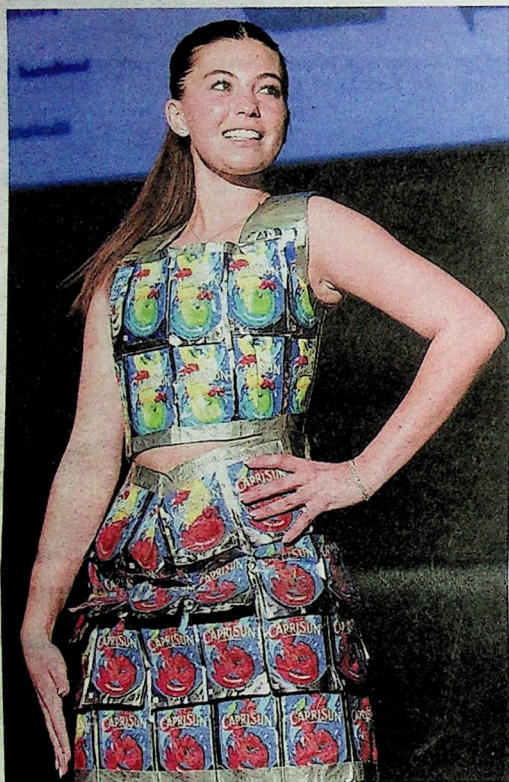
Quincy's Hometown Weekly Newspaper Since 1968

VOL. 55 No. 35

Thursday, May 18, 2023

\$1.50

Eco-Friendly Fashions At Quincy High Show

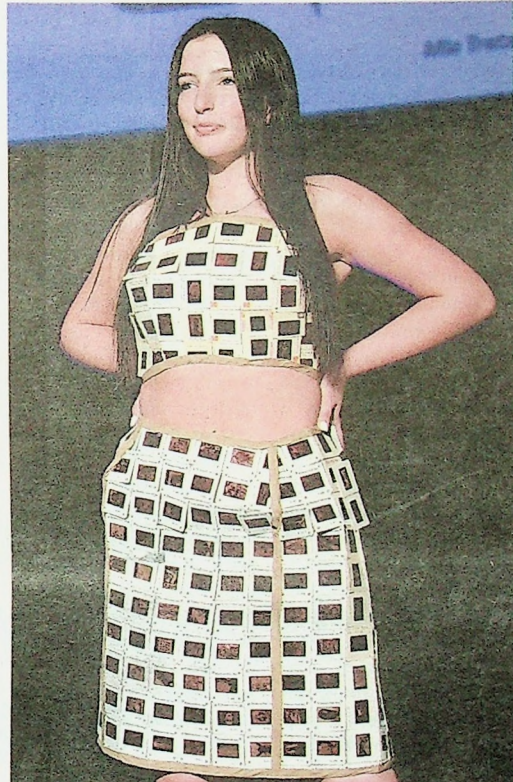


QUINCY HIGH SCHOOL'S Annual Fashion Show May 4 featured an array of designs including garments fashioned from eco-friendly materials. The garments were modeled and designed by QHS students. Here student Emily Jones models a garment created with Capri Sun packages and duct tape designed by student Meghan Troy.

Quincy Sun Photos/Robert Bosworth



NEWSPAPER FASHION designed by student Jasmine So is modeled by student Isabella Soto.



OLD ART SLIDES FASHION designed by student Genesis Anderson modeled by student Sianna Tucker.



PLASTIC BAGS FASHION designed and modeled by student Mia Tratzinski.



WRAPPING PAPER FASHION designed by student Arunee Sundos is modeled by student Mint Jindawit.



SATIN PILLOWCASES fashion designed by student Henry Tang is modeled by student A'zariah Williams. More fashion show photos on Pages 17-19.

QCAP Annual Meeting, Awards Ceremony - Page 6
7-Story Building OK'd In Quincy Center - Page 11

More Quincy news visit:
The Quincy Sun.com



80 Apartments (2 Buildings) Proposed In Wollaston

By SCOTT JACKSON

A developer has proposed constructing a pair of residential buildings in Wollaston with a total of 80 apartments between them.

The Planning Board on May 10 began its review of the proposals by The Marion Group LLC of Walpole to construct the new buildings at 731 Hancock St. and 13 Wentworth Rd. The public hearings on the two proposals, which were filed separately, were both continued to Aug. 2.

The property at 731 Hancock St. contains 21,146 square feet of land and was formerly home of New York Mart, a now-closed grocery store. The property at 13 Wentworth Rd., which is located across the street from the former market, is a 15,116-square-foot parking lot. Both parcels are zoned as Business C.

Edward Fleming, the applicant's attorney, noted the building currently on site at 731 Hancock St. was built nearly to the property line. The parking lot that surrounds the building is owned by the Archdiocese of Boston as part of St. Ann's Church next door, Fleming said, and the grocery store had an agreement in place to use those spaces. The lot at 13 Wentworth Rd. provided additional parking for the grocery store.

After the grocery store closed, the owner of the site was unable to find a new commercial user, Fleming said.

"The owner decided it was time to move on from the commercial use of that site," Fleming said.

"He had a very difficult time marketing that property for commercial use because that site does not have its own parking, other than the 31 spaces across the street, and that really didn't serve the needs of that location."

The proposed building at 731 Hancock St. would

stand six stories tall and contain 53 apartments, 30 with two bedrooms and 23 with one bedroom. A two level garage — one level on the ground floor and the other below it — would include a total of 71 parking spaces. Entrances to the garage would be located on both Hancock Street and Wentworth Road, and the two levels would not connect with each other.

In addition to the parking spaces in the garage, Fleming said the developer has an agreement with St. Ann's to lease 15 parking spaces in the surface lot that would surround the new building, with the ability to lease more spaces if needed. The developer would be responsible for maintaining the lot, including snow removal.

The architect for the project, Brian Donahue, said he was cognizant of the building's proximity to the church when he designed it.

"We consider this project our alternative to the grey-box architecture that you see so much these days — I'm guilty as much as anybody else as producing some of it," he said. "The intent here is to do something a little more classical and historical in detail that...may be something that we're lacking a little bit of in architecture today."

The building would have a façade composed of brick and composite materials, as well as a slate roof.

As part of the proposal, the developer would pull the building away from the corner of Hancock Street and Wentworth Road to add new landscaping elements. The proposal also includes a dog park in the rear of the building.

During the public hearing on the proposal for 731 Hancock St., Ward 4 Councilor James Devine said he appreciated the design of the proposed building.

"It's a sharp looking



RENDERING OF A six-story, 53-unit apartment building proposed for the corner of Hancock Street and Wentworth Road in Wollaston. The building would be constructed on the site of the former New York Mart. The design of the proposed building incorporates classical architectural elements and materials. Rendering Courtesy Donahue Architects



FOUR-STORY BUILDING with 27 apartments has been proposed for 13 Wentworth Rd. in Wollaston (seen here at left). The same developer has proposed constructing a six-story, 53-unit building at 731 Hancock St. (seen here at right). The Planning Board began its review of the two proposals this past week and will take up the items again in August. Rendering Courtesy Donahue Architects

building," he said. "It's going to be a nice view compared to the vacant building that's there."

"It's nice to see a different style of building."

The building at 13 Wentworth Rd. would stand four stories tall and include 27 apartments, 18 with two bedrooms and nine with one bedroom. Like the other building it would have a two-level garage, this one

with 38 spaces, with separate entrances to both levels on Wentworth Road. The spaces in the surface lot across the street could also be used for this building, Fleming said.

The building on Wentworth Road would have a similar design to the larger one across the street, Donahue stated.

"This building has become affectionately known

in my office as the little brother to the building across the street, or the little sister, whichever you prefer," he said. "We're basically using the same materials."

Landscaping would be added on all four sides of the building, including new trees.

During the public hearing on the Wentworth Road proposal, an abutter said he

was concerned about the placement of a transformer for the building near his home. Karlis Skulte, the applicant's engineer, said his client is working with National Grid to determine if one transformer could be used for both buildings. Fleming said his client would be open to moving the transformer to the other side of the Wentworth Road site.

34 Units Proposed In Quincy Point

By SCOTT JACKSON

A non-profit organization has proposed building 34 units of housing for low-income individuals on Winter Street in Quincy Point.

Braintree-based Caritas Communities pitched its proposal for the site at 46 and 50 Winter St. to the Planning Board on May 10. The board will take up the matter again on June 14.

The properties on Winter Street are presently home to a single-family dwelling and a 17-room lodging house, the latter of which is owned by Caritas. The lots contain 13,643 square feet

of land and are zoned Business B.

Caritas is proposing to tear down the lodging home and the single-family dwelling and construct a five-story building featuring 34 studio apartments for extremely low-income individuals. The building would also include an office for on-site property management, two offices for on-site case management staff, and a common space for educational and other activities. A total of 17 surface parking spaces would be located on site.

Greg Rittchen, the director of real estate assets for Caritas, said the organization presently owns 40 units of affordable housing in Quincy, including the 17-unit lodging house on Winter Street, and 900 units throughout Greater Boston.

"Our plan really speaks to a broader plan to improve on the existing conditions of obsolete, old lodging house stock in the city and this is really a good place to start," he said. "We think Winter Street has undergone a great transformation in recent years and we want to be part and continue that story."

There are 15 people living in the lodging house presently, Rittchen said, and Caritas has already engaged a relocation consultant to find new homes for them. NeighborWorks Housing Solutions, which owns other affordable housing developments on Winter Street, is assisting in that effort, he added.

Once built, the current residents of the lodging home would have the option of moving into the new building.

"We're sensitive to having very low-income residents — a lot of them are elderly, some are disabled

— so we want to minimize the impact," Rittchen said. "We also know the long-term benefit will be after construction is done — we'll be able to move those folks back in and they'll live in a much better situation, much better conditions, in studio efficiency apartments."

Rittchen said the units would be for permanent, supportive housing, and tenants would sign 12-month leases. Many of the lodging house's residents have lived there for several years, he noted, and one resident has lived there for 40 years.

Cont'd On Page 4

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Koch Proposes \$405.78 Million FY24 Budget

8.8 Percent Increase

By SCOTT JACKSON
Mayor Thomas Koch on Monday unveiled his \$405.78 million general budget for the fiscal year that begins July 1, an 8.8 percent increase over the current fiscal year's spending plan.

The increase in the budget will allow the city to meet the terms of new collective bargaining agreements for workers, create four new positions, and provide raises to department heads and other non-union appointees.

"I do believe this budget reflects the values of

the community," the mayor said.

Koch presented the proposed \$405.78 million budget for fiscal year 2024, which starts July 1, during Monday's City Council meeting. The proposed budget represents an increase \$33.14 million or 8.8 percent over the \$372.64 million budget for the current fiscal year, fiscal year 2023.

The City Council will hold a public hearing on the proposed budget on Monday, May 22, at 6:30 p.m. in the Great Hall of the McIntyre Government Center

Cont'd On Page 13



QUINCY HIGH SCHOOL carpentry student Andy Chen prepares metal roof panels for installation on a tiny house being constructed by vocational-technical students. Story, more photos Page 15.
Quincy Sun photo/Tom Gorman

Dorothy Laing Memorial Flower Sale Saturday

Annual Dorothy Laing Memorial Spring Flower Sale sponsored by the Houghs Neck Community Council will be held Saturday, May 20 from 10 a.m.

to 1 p.m. at the corner of Sea and Rockland Streets, Quincy.

Flats of annuals (pansies, petunias, impatiens, zinnias, dahlias, cosmos, snap

dragons, marigolds and much) as well as perennials, tomatoes, geraniums, hanging plants and pouches will be available for purchase.

If you are unable to stop

by on May 20 stop by during the week after at E & T Ceramics (9 a.m. to 2 p.m.), 367 Billings Road, Wollaston. Call for more info 617-479-4107.

Memorial Day Ceremony At H-A Common

New Location Due To Ongoing
Work At Mount Wollaston Cemetery

By SCOTT JACKSON
The city's annual ceremony to commemorate Memorial Day will be held at the Hancock-Adams Common in Quincy Center this year.

The ceremony will take place on the common the morning of Monday, May 29, following the annual Memorial Day parade. The parade starts at 10:30 a.m. at Quincy Credit Union, 100 Quincy Ave. The procession will travel up Hancock Street to Temple Street to Coddington Street and end at the common, the public space located between City Hall and the United First Parish Church.

Wreaths will be placed on the tombs of John and John Quincy Adams, who are entombed in the church's crypt, as part of this year's ceremony.

The Memorial Day ceremony has been held at Mount Wollaston Cemetery in recent years. The ceremony is moving to the new

location because of ongoing work within the cemetery.

The guest speaker for this year's ceremony is Robert Perchard, a retired Army sergeant major and retired Quincy police detective lieutenant.

Perchard was the recipient of numerous awards and commendations during his time in the service, including the Army Commendation Medal, Army Achievement Medal, Army Good Conduct Medal, Army Reserve Components Achievement Medal with two oak leaf cluster, National Defense Service Medal, Armed Forces Expeditionary Medal, Armed Forces Reserve Medal, Noncommissioned Officer Professional Development Medal with numeral 3, Army Service Ribbon, Army Reserve Components Overseas Training Ribbon with numeral 6, Master Parachutist Badge, Spe-

Cont'd On Page 13

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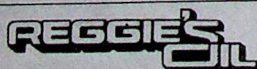
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Published Weekly on Thursday by
The Quincy Sun Publishing Co., Inc.
1372 Hancock St., Quincy, MA 02169

Robert H. Bosworth
Editor and Publisher

Henry W. Bosworth, Jr.
Founder - 1968
Editor and Publisher
Sept. 26, 1968 - Feb. 7, 2009

\$1.50 per copy newsstand • \$40 per year in Quincy
\$42 per year by mail outside Quincy • \$50 out-of-state

Telephone: 617-471-3100 Fax: 617-472-3963

online at: www.TheQuincySun.com
email address: thequincysun@verizon.net
Circulation Dept. email address:
quincysunsubs@gmail.com

Periodicals postage paid at Boston, MA
Postmaster Send address change to:
The Quincy Sun, 1372 Hancock St., Quincy, MA 02169

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Moments in time

THE HISTORY CHANNEL

• On June 4, 1411, France's King Charles VI granted a monopoly for the ripening of Roquefort cheese to the village of Roquefort-sur-Soulzon. The cheese's origin more than three centuries earlier was humble indeed, after a shepherd left his noon meal in a cave by accident.

• On June 1, 1843, antislavery activist Isabella Baumfree became a Methodist and adopted the memorable moniker "Sojourner Truth." Born into slavery herself circa 1797, she chose the name after claiming that God had called her to leave the city for the countryside and testify "to the hope that was within her."

• On June 2, 1908, the song "Take Me Out to the Ballgame" was copyrighted. Now the unofficial anthem of North American baseball, it wasn't inspired by personal experience, as the tune's writers, Jack Norworth and Albert Von Tilzer, had never actually attended a game when they penned it.

• On May 31, 1911, the "unsinkable" RMS Titanic was launched from Belfast, Northern Ireland, where it had been built. Its tragic fate the following April remains the deadliest peacetime sinking of an ocean liner or cruise ship.

• On May 30, 1964, the Beatles' official debut single, "Love Me Do," made it to No. 1 on the U.S. music charts. The tune was co-written by John Lennon and Paul McCartney, though Lennon later would say it was "Paul's song ... I do know he had the song around, in Hamburg, even, way, way before we were songwriters."

• On June 3, 1989, following student unrest that was spreading to the rest of the country's population, China began using troops armed with assault rifles and accompanied by tanks to subdue protesters in Tiananmen Square, Beijing. Estimates of the death toll ranged from several hundred to several thousand people, with thousands more wounded.

• On May 29, 2018, Russian journalist Arkady Babchenko faked his own death with the intention of exposing Russian agents. While the media at first reported that he'd been assassinated on his way home to his Kyiv apartment, Babchenko appeared very much alive the next day at a press conference broadcast on Ukrainian television.

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The Garden Bug

Herbs that help nursing moms

Herbs such as blessed thistle (*cnicus benedictus*), dandelion leaf (*Taraxacum officinale*), fennel (*foeniculum vulgare*), and fenugreek (*trigonella foenum-graecum*) have long been known as beneficial for new mothers. They can encourage good digestion, increase breast milk production, help relieve constipation, lessen uterine bleeding and soothe nervous feelings. They can be cooked and eaten, brewed as a tea or made into tinctures. *Consult your physician before taking herbs.

BLESSED THISTLE
Source: www.motherearthliving.com

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License Board OKs Nine Requests

By SCOTT JACKSON

The city's licensing board granted nine requests at its most recent hearing, including restaurant and retail alcohol licenses.

The items were all approved during the meeting of the Board of License Commissioners on the afternoon of May 9.

The board granted an all-alcohol restaurant license to Pho Linh, located at 409 Hancock St. in North Quincy. The full-service Vietnamese restaurant has been open since 2009, owner Tam Le said. The restaurant will not have a bar area.

Also granted during the meeting was the request of Nilo's Market, located at 342 Washington St. in Quincy Point, for a retail beer and wine license. Rani Dos Santos Teixeira said the international market has been open for three years,

and customers have asked about purchasing beer and wine. Teixeira said he had heard concerns about nips — small bottles of liquor — being littered in the area, but noted they were not from his store because it doesn't sell nips currently and it would not sell them if the beer and wine license were approved.

In addition to those two items, the board approved the request of Blisspoint Meadery for a license to sell its mead at the Kilroy Square Farmers Market this year. Jeff Venuti said his company offers two different styles of mead, an alcoholic beverage made from honey. One is a carbonated mead that is 6.9 percent alcohol by volume and the other is a still mead with a wine-like ABV.

Also approved on May 9 were:

• The request of the

Quincy Fire Hockey Team for a one-day beer and wine license for a cornhole tournament this past Saturday at Faxon Park.

• The request of QuincyCles and the Quincy Bicycle Commission for a special-use permit for the annual Quincy Rides the Spine event, which will be held this Saturday starting at 8 a.m. The ride will begin and end on Merrymount Parkway. Previous years' events have drawn between 50 and 60 riders.

• The request of OM Quincy Avenue Donuts LLC for a common victualer license for the Dunkin' located at 213 Quincy Ave. due to a change in ownership. No operational changes are planned at the store.

• The request of Sweetgarden Grill for a common victualer license for the premises at 15 Scammell

St., formerly home of Papa's Roast Beef. The eatery's menu will be similar to the one it is replacing, with new items like kebab and more salads. The board's approval was contingent upon final sign off from the Fire Department.

• The request of 99 Restaurant & Pub for a change in officers, directors and LLC managers with the respect to the restaurant's location at 59 Newport Ave, which has an all-alcohol license. The request was made because of changes at the corporate level and will not impact operations at the Quincy location.

• The request of Neon Marketplace, 453 Washington St., for a change in manager on its retail beer and wine license. Darryl McClure is the new manager of the store, which opened earlier this year.

34 Units Proposed In Quincy Point

Cont'd From Page 2

The units would be about 300 square feet in size — two handicap-accessible units would be slightly larger — and each would include a bedroom, bathroom and kitchenette. A common laundry room would be located on each floor.

The offices and common space for educational and other activities would be located on the ground floor of the building.

"We really pride ourselves on offering in-house

services and there will be a rich offering here and the educational use, obviously, is top of the line as well," Rittchen said. "We plan on using our own case management as well as coordinating with other service partners in the area."

During the public hearing on May 10, Ward 4 Councillor James Devine said he was excited to see such a development being proposed.

"This is such an amazing thing," Devine said. "If you have any you want to

put in Ward 4, let me know. I'd be proud to see this type of stuff going on in the city, so I'm very much excited to see this."

Ward 2 Councillor Anthony Andronico, whose district includes Winter Street, thanked the developer for proposing to construct new affordable housing.

"It's very rare we get to come up here as councillors and commend a project and say thank you to those behind it," Andronico said.

The board also received a

letter in support of the project from NeighborWorks, the Quincy-based organization that owns other affordable housing in the area.

The board did receive a letter from a current tenant of the lodging home who expressed concern about the development and what would happen to him should it be approved. Rittchen said he had visited the property earlier in the day to address those concerns and reassure the tenants they would be accommodated.

Health Screenings At Sons Of Italy July 6

Residents living in and around the Quincy can learn about their risk for cardiovascular disease, osteoporosis, diabetes, and other chronic, serious conditions with screenings offered by Life Line Screening.

Quincy Sons of Italy

Hall, 120 Quarry St., will host this community event on Thursday, July 6.

Screenings can check for:

• The level of plaque buildup in your arteries, related to risk for cardiovascular disease, stroke and over-

all vascular health.

• Narrowing of the smaller arteries of your ankles and feet, called Peripheral Arterial Disease

• HDL and LDL Cholesterol levels

• Bone density as a risk for possible osteoporosis

Free parking is available.

Screening package pricing starts at \$159, but consultants will work with you to create a package that is right for you based on your age and risk factors. Call 1-877-237-1287 or visit the website at www.lifelinescreening.com. Pre-registration is required.

Wollaston Garden Club Invites Community To May Meeting

On Thursday, May 18th at 12:15 p.m. the Wollaston Garden Club will host John Root, a well-known and respected naturalist, landscaper and educator, will share essential roles played by pollinators in our ecosystem.

The Club is opening this meeting to any member of the community who would

like to join.

Root will discuss a variety of plants that nourish birds, butterflies, bees and other beneficial organisms throughout their active lifetimes and will provide useful methods and tips on how to establish pollinator gardens. He will offer lots of valuable information that will help us move towards

attracting pollinators to an ideal organic gardening space.

The Wollaston Garden Club is also busy planning for its annual plant sale, which will take place on Saturday, May 20th. The Club's programs take place at the Wollaston Congregational Church, corner of Winthrop Avenue and Lin-

coln Avenue.

The Wollaston Garden Club is a member of the National Garden Clubs, Inc. and The Garden Club Federation of Massachusetts, Inc. and is a 501c3 non-profit organization dedicated to promoting the love of gardening and the conservation and beautification of the community.

Children's Hospital Bloodmobile Here May 24, 26, 27

The Children's Hospital Bloodmobile will be in Quincy May 24, 26 and 27. The blood drives are in honor of "Super Ellie" Newton Niland who is being treated

at Children's and has many Quincy friends.

The drives will take place at Quincy City Hall Wednesday, May 24; the Kennedy Center Friday,

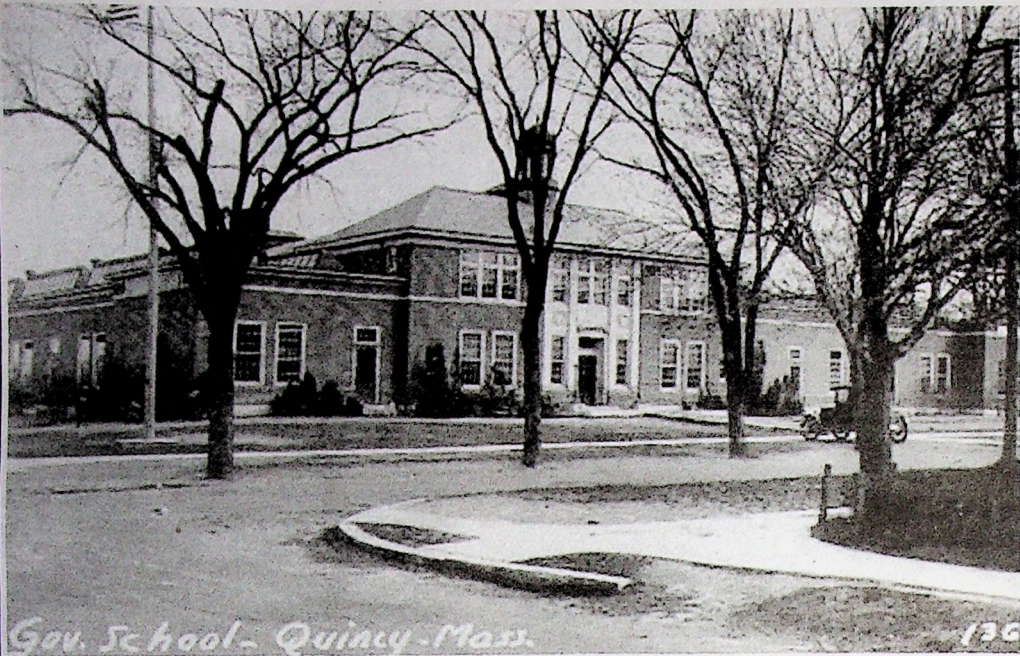
May 26 and the Parks Department Saturday, May 27. Appointments can be made online at Pintsforhalfpints.com.

Quincy is one of the top supporters of Boston Chil-

dren's Hospital bloodmobiles.

For further information contact Dan Coughlin at coughlind40@yahoo.com.

Scenes From Yesterday



THIS IS A 1925 real photo postcard view of the Government Elementary School built by the U.S. Housing Corp. on the corner of Fifth Avenue and North Street in Quincy Point. It was opened in 1920 for the children of the Fore River shipyard workers who lived in the housing built by the U.S. government throughout this neighborhood. Six years later, it was bought by the City and renamed the Pollard School in honor of the beloved Thomas W. Pollard who for many years had been the principal of the Washington and Daniel Webster Schools in the Point. About the same time, North Street was also renamed when it became part of the then newly

built Southern Artery that passes through here. This school served Quincy Point youngsters for 62 years until Proposition 2 1/2 forced the city to close it in 1982. After the school closed, fires ravished it until finally in 1984 it had to be demolished. The city sold the land and residential condominiums have been built here. But the school's copper cupola, behind the tree in the center of this picture, survives; it was salvaged from the fire ruins, refurbished and serves today as the centerpiece of the Granite Street Marketplace on the Daniel Webster Highway in Hooksett, N.H.

From the Tom Galvin Postcard Collection

'Hotels Of Houghs Neck' History Program Thursday

As part of the free Houghs Neck History Series, Patti Williams will present "The Hotels of Houghs Neck" on Thursday, May 18, from 7 to 8:30 p.m. at the Houghs Neck Congregational Church, 310 Manet Ave., Quincy.

In the mid 1800s, the Industrial Revolution created America's middle class who had free time and extra money. The concept of va-

cation time developed and this led to the creation of resort hotels. The sea shore was considered a refuge where the slower pace and natural setting were said to provide an ethical and spiritual antidote to the city.

In Houghs Neck from 1856 to 1900, more than 15 establishments called themselves "hotels." Not all were what we today would consider a hotel.

This talk focuses on the five hotels that helped to create the summer community in Houghs Neck.

The final talk in the series is "Building the High Level Sewer Line" (June 1). All are welcome.

Strawberry Festival June 17

The Houghs Neck Congregational Church "Strawberry Festival" will be held Saturday, June 17 from 9 a.m. to 3 p.m. at the church, 310 Manet Ave., Quincy.

There will be entertainment, vendors, snacks, activities and homemade strawberry shortcake. Mark your calendar and invite your friends and neighbors.

READERS FORUM

Benefit Concert Raises \$1,400 For Cambridge Church

Dear Editor:

I would like to thank *The Quincy Sun* for publishing the Benefit Concert for the Faith Lutheran Church of Cambridge for their Fire Recovery Fund Saturday, May 6th, 2023. The concert raised \$1,400 for the fund.

The concert was and sponsored by Faith Lutheran Church, 201 Granite St., Quincy and presented by Marcus Johnson, vocalist and pianist with Chris Robins, oboist, Joel Davidson, organist on piano and organ, and Nikki Ready soprano, introduced by Pastor Niki Harvell of Faith Lutheran

of Quincy.

The concert titled "Music of the Moon" included compositions from classical to popular "evergreens" selections such as "Fly Me to the Moon" and medley from "The Phantom of the Opera" - arranged by Marcus Johnson.

For information on programs at Faith Lutheran Church please visit: www.facebook.com/faith.lutheran.quincy or www.faithlutheranquincy.com.

Anneli Johnson
Quincy

Musings Of A Grumpy Old Man

Please bear with me while I try to find some answers to some vital questions such as, why are sneaker laces 3 times longer than they are needed to be?

Why do folks try to park in the nearest spot to the entrance of Planet Fitness and other workout facilities?

Why do drivers in the "Left Hand Turn Only" lane put on their left hand directional when waiting for the light to turn green?

Why is it okay at 5 a.m., five to seven days a week, to be awakened by the roar of mufflers on vehicles and motorcycles designed to be used at Talladega Superspeedway or Loudon, NH?

It should be mandatory that at the Herald and Globe, to train their delivery personnel to throw a folded newspaper wrapped in a cellophane bag a minimum of 35 feet with accuracy. Especially on windy, rainy days.

Do shoppers at Stop and Shop actually find the "Self Checkout" a convenience? I find that person who keeps telling me to put my purchase(s) on the scale very rude. Try getting through that system with a quart of Brigham's Ice Cream, huh!

If by legalizing sports betting is such a boon to the people of Massachusetts then why the disclaimer stating where to find help for addicted gamblers? That's like putting what hospital to seek on a pack of cigarettes after you develop lung cancer. Funny they don't put the odds of winning on their high profile advertisements. Shame on the celebrity endorsements.

If anyone can tell me the solution to any of my rants, I'd be glad to hear or see them.

Edward Spring
Quincy

Quincy's Yesterdays

This Week
1963
60 Years Ago

City Council Votes For Parking Project

Mayor Amelio Della Chiesa said that he will expedite the half million-dollar Quincy Center Development project authorized by the City Council.

By a vote of 7 to 2 the council approved taking and loan orders that will provide for both the expansion in off-street parking facilities and the opening up of the traffic bottleneck at the easterly end of Granite Street at the northerly approach to the Ross Parking area.

Only Councillors George Burke and Richard Barry voted against the proposal.

The project included the addition of 161 parking spaces between Granite St. and the Hancock Cemetery as well as the widening of Granite St. between Hancock Street and Upland Road. (Editor's note: The parking area would be named after Walter Albert Della Chiesa, Mayor Della Chiesa's son, a graduate of West Point, who was lost when his plane crashed off Okinawa on the first day of the Korean War.)

COUNCIL APPROVES CHANGES IN PARKING REGULATIONS

Changes in parking regulations recommended by a special parking meter committee headed by Councillor George Burke and including Councillors Carl Anderson and James McCormack, were passed by the city council and sent to the mayor.

The committee recommended that parking meters be retained in the parking areas for the time being.

Other recommendations included increasing the cost of all day parking in the Upland Rd. and Adams Academy lots from 25 to 50 cents, as well setting up the 100 meters in the Hancock Parking lot for three hour limits to assist shoppers.

QUINCY-ISMS

Rev. James J. Flavin, OMI, son of Mr. and Mrs. James J. Flavin, 39 Neponset Rd., Merrymount, will be ordained into the priesthood May 31 in Washington, D.C., in the presence of many members of his family... First National Stores was offering "Richmond Coffee, 3 lb. bag for \$1.39, a saving of 20 cents... Quincy Veterans Council Commander Francis S. MacKenzie and Charles N. Ross, chairman of the Memorial Day exercises, announced that a reception and military ball featuring the Black Watch Royal Highland Regiment from Canada will be held at the Quincy Armory, May 28th at 8 p.m.... Anthony Lordi was elected president of the John Adams Eagle Aerie at a recent meeting at the Eagles Home, 47 Massachusetts Ave., Quincy Point... Mayor Della Chiesa named four Quincy residents to the Council for the Aging: Mrs. Louis Berkowitz, 150 Butler Rd., Dr. Fred A. Barlett, 308 Beale St., Clarence Metcalf, 1 Oliver St., Harry Whin, 148 Spring St.... Quincy Patrolmen Neil MacDonald and Frank Carullo played cowboys, lassoing a horse that had gotten loose from the Randolph Riding Academy in West Quincy... Mrs. Theodore DeCristofaro was elected president of the Thomas B. Pollard School PTA at the group's final meeting of the school year. Mrs. Marilyn Reisberg and Mrs. Rudy Orbach were elected vice presidents... Mayor Della Chiesa cut the ribbon to formally open the new senior citizen drop-in center on High School Ave. The center was formerly the Spanish War Veterans Hall... Jack Lemmon and Lee Remick were appearing in the movie "Days of Wine and Roses" at the Wollaston Theater, Beale St.... City Council President Charles L. Shea was the guest speaker at a meeting of the South Shore Branch of the Massachusetts Retired Police and Firefighters Association... Hanlon's Shoe Store, 27 Cottage Ave., Quincy Center was offering a sale on Barefoot Sandals, Our Low Price \$4.95... Judge Paul C. Reardon, of Quincy, an associate justice of the State Supreme Court, was the guest speaker at the annual meeting of the Women's Auxiliary to the Massachusetts Medical Society. He spoke on "The Law, the Physician and His Wife"... Retiring Supt. of Schools Dr. Paul A. Gossard announced that the school committee will select a new Superintendent of Schools at its next meeting. Six candidates are in the running and have been interviewed by educational consultant Dr. Herold Hunt. (Editor's note: Robert Pruitt was elected Superintendent of Schools by the school committee.)

QCAP Hosts Annual Meeting, Awards Ceremony

The Quincy Community Action Programs, Inc. (QCAP) hosted its 58th Annual Meeting and Awards Ceremony on April 27 at The Tirrell Room, Quincy Lodge of Elks.

More than 120 board, staff, community members and elected officials attended the ceremony.

The QCAP Board of Directors voted in the 2023 slate of officers, including Timothy McAloon, Esq. - president; Josephine Shea - vice president; Rev. Sheldon W. Bennett - treasurer; Douglas W. Moseley - assistant treasurer; and Nan O'Neill, Esq. - clerk.

The QCAP Board of Directors include representatives of low income residents, elected officials and the private sector. The 2023-2024 Directors include: Debbie Abrahams, Quincy Point; Maureen Ayers, North Quincy; Carolyn Mahen, Head Start Policy Council; Paul Connolly, South West Quincy; Gina Johnson, Weymouth-at-Large; Kevin Matta, Germantown; Shannon Shabazz, Quincy-at-Large; Josephine Shea - Mayor Thomas P. Koch; Mike Berry - Councillor David McCarthy; Maureen Glynn - Councillor Anthony Andronico; Linda Perry - Councillor Jim Devine; Timothy McAloon - Councillor Charles Phelan, Jr.; Stephanie Glennon - Councillor William Harris; Rev. Sheldon Bennett, United First Parish Church; Michelle Higgins, Bank of Canton; Kim Meyer, Granite Telecommunications; Douglas Moseley - Mayor Robert Hedlund; Patricia Packard, Santander Bank; Nan O'Neill, Murphy Hesse Toomey & Lehan; and Dr. Wan Wu, Quincy Asian Resources.

Mayor Thomas P. Koch was in attendance and shared his gratitude for the work of QCAP's Board and staff throughout the City of Quincy. State Sens. John Keenan and Walter Timilty and Ward 4 Councillor Jim Devine were also in attendance.

The Board of Directors recognized several community members and employees with awards this year.

The inaugural Rosemary Wahlberg Leadership Award was presented to social and economic justice activist, Reverend Sheldon W. Bennett by Beth Ann Strollo, QCAP's Chief Executive Officer. This award was created in 2019 to honor the memory and legacy of QCAP's long-time Executive Director, Rosemary Wahlberg. Rosemary's visionary and courageous leadership, and unwavering advocacy for low income residents, led QCAP to become one of the most respected and effective social service organizations on

Cont'd On Page 7

HN Garden Club Plant Auction June 7

The Houghs Neck Garden Club will hold its annual Plant Auction on Wednesday, June 7, at 6:30 p.m. at the St. Thomas Aquinas Church Hall on Darrow Street.

potato bags and specialized soil, home grown reliable perennials and a planted box of vegetables as well as popular annuals and house plants.

The sale is open to the public.



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CEO CYNTHIA SIERRA with Dr. Lily Yung and other Manet Community Health Center representatives accepting the Extra Mile Award at Quincy Community Action Programs' recent annual meeting and awards ceremony. From left to right: Kim Kroeger, Shirley Fajardo, Manet CHC CEO Cynthia Sierra, Nicholas Donovan, Dr. Lily Yung and Sandra McGunigle.

Photos Courtesy Nicole Chaput Photography



QUINCY COMMUNITY ACTION PROGRAMS' Chief Executive Officer Beth Ann Strollo (far left) with state Sen. John Keenan, Head Start Program Director Keather Reichel and QCAP President Tim McAloon. Reichel was honored with QCAP's Lois Craig Memorial Employee Award.



KRISTEN SCHLAPP (second from left) Quincy Community Action Programs' Chief Operating Officer, was also honored as a recipient of the Lois Craig Memorial Employee Award. With her are (from left to right), state Sen. John Keenan, QCAP President Tim McAloon and QCAP Chief Executive Officer Beth Ann Strollo.

QCAP Meeting, Awards Ceremony

Cont'd From Page 6

the South Shore. This award goes to a community member who exemplifies these leadership qualities for our community. Sheldon embodies the compassion and courage that Rosemary was known for, and we believe she would be most proud to see him honored with the Rosemary Wahlberg Leadership Award.

Extra Mile Awards are given annually by QCAP's Board of Directors to individuals or organizations who go the extra mile on behalf of QCAP's mission and clients. Extra Mile Recipients make a difference every day without the expectation of recognition. This year's recipients include Manet Community Health Center CEO Cynthia Sierra and her team, the City of Quincy Health Department team, and Jimmy Liang, CEO and Founder of JP Fuji Group.

Employees Kristen Schlapp and Keather Reichel were honored with QCAP's Lois Craig Memorial Employee Award. This annual award was created to honor the memory of Head Start employee Lois Craig, who passed away in 1993. It recognizes an employee who has consistently gone above and beyond job expectations and has demonstrated a commitment to professional growth and development that results in improved services to our clients and the community.

Multiple employees were honored for their twenty and twenty-five years of service. Board Director James Murdoch also received special recognition upon his retirement from the board after many years of volunteer service. All awardees were presented with Citations from the Massachusetts Senate and House of Representatives.

Established in 1965, QCAP is the leading social service provider in the Greater Quincy region dedicated to reducing poverty. QCAP serves more than 31,000 unduplicated individuals. Programs and services include food and nutrition, fuel assistance and weatherization, affordable housing, homeownership counseling, homelessness prevention services, Head Start early education and care, child care resources and referral services (voucher subsidies), family engagement activities, adult education and workforce development, job coaching and placement, free tax preparation, and financial education, money management, and credit repair.

For more information on QCAP, visit www.qcap.org.

Quincy Pride Day Festival June 4

The Quincy Pride team announces the annual Quincy Pride Day Festival will be held on Sunday, June 4 from noon to 5 p.m. at Kilroy Square.

Their historical flagship event will be hosted at a new location this year. The committee will bring all the fun and family-friendly activities to Kilroy Square in Quincy Center (and easily accessible by the MBTA).

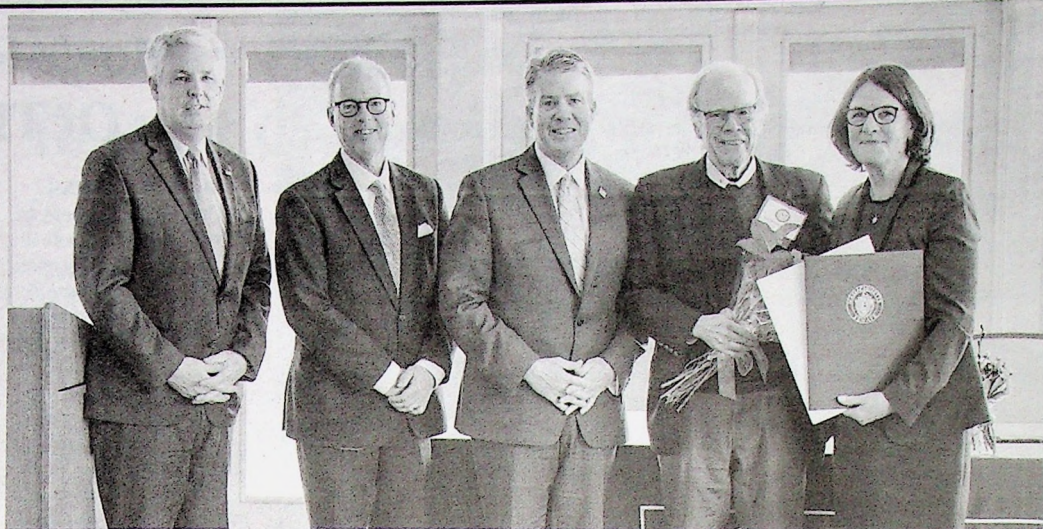
Guests should look forward to a variety of different performances including but not limited to: America's Got Talent's own Randy Roberts, a double set by the HipShot Band, and show stopping performances from multiple local drag artists, plus multiple food and alcohol trucks, local and LG-

BTQ+ vendor tables, non-profits, tons of raffle items, and a dedicated kids' lane.

Quincy Pride is a 501(c)(3) organization that put on its first Quincy Pride Day in 2018 and is traditionally held on the first Sunday of the Pride month (June), and has attracted over 2,000 people every year, except for 2020.

A special thanks from Quincy Pride to their premier sponsors, Arbella Insurance and MountainOne, triple rainbow sponsors Aspire and FoxRock, and double rainbow sponsor Beth Israel Deaconess Milton.

For information on programming and related LGBTQIA+ events, connect with us on: facebook.com/QPrideDay or www.quincypride.com.



The inaugural Rosemary Wahlberg Leadership Award was presented to social and economic justice activist, Reverend Sheldon W. Bennett (second from right) by Beth Ann Strollo, QCAP's chief executive officer (far right). Looking on are (from left) state Sen. John Keenan, QCAP President Tim McAloon and state Sen. Walter Timilty. *Photos Courtesy Nicole Chaput Photography*



JIMMY LIANG (center), CEO and founder of JP Fuji Group, was among the recipients of Quincy Community Action Programs' Extra Mile Award. With him are (from left) QCAP President Tim McAloon, QCAP Chief Executive Officer Beth Ann Strollo and state Sens. John Keenan and Walter Timilty. *Photos Courtesy Nicole Chaput Photography*



CITY OF QUINCY Health Department received an Extra Mile Award from Quincy Community Action Programs. From left to right: state Sen. John Keenan, Head Start Program Director Keather Reichel, Quincy Health Commissioner Marli Casli, Katelyn Piccot, R.N., QCAP President Tim McAloon, QCAP Chief Executive Officer Beth Ann Strollo and QCAP Chief Operating Officer Kristen Schlapp.



QUINCY COMMUNITY ACTION PROGRAMS Board Member Emeritus James Murdoch (second from right) received special recognition upon his retirement from the board after many years of volunteer service. With him are (from left) state Sen. John Keenan, QCAP Chief Executive Officer Beth Ann Strollo and QCAP President Tim McAloon.



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MEMBERS AND GUESTS of the Cyril P. Morrisette Post Auxiliary were fittingly decked out in their Churchill Downs millinery for the gala Kentucky Derby Day Party May 6. Pictured here are (front row left to right) Gail Calabro and Karen Ball. Back row: Rosie O'Neil, Joanne Salvatore, Dorothy Piccuito, Liz MacDonald and Wendy Gallagher-Mullaney. Courtesy Photo

WHAT'S COOKING

with
Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Eggless, Milkless, Butterless Chocolate Cake

By MARIE

Hello readers - I would like to share a quote from Dick Van Dyke:

"Everyone should have something to do. Everyone should have someone to love. Everyone should have something to hope for."

Today's recipe is one that I have shared a couple of times but worth repeating. You will see that the recipe does not call for eggs, milk or butter and is a great recipe for people who have allergies to dairy.

The recipe is one that my mother used back in the day. The chocolate flavor of this cake is far richer than many of the chocolate-flavored cakes that you can buy.

Preheat the oven to 350 degrees - lightly grease a cake pan or cupcake tin. (Remember, if you bake both a cake and cupcakes, double this recipe.)

Recipe

1 and ½ cups of flour
½ cup cocoa, unsweetened
1 cup of sugar
½ teaspoon of salt
1 teaspoon baking soda
½ cup vegetable oil
1 teaspoon white vinegar
1 teaspoon vanilla
1 cup cold water

Blend together the flour, cocoa, sugar, salt and baking soda.

Then add the oil, vinegar, vanilla and cold water.

Mix together and beat for about 2 minutes or until well blended.

Pour into a greased cake pan and bake for 35 minutes or until the toothpick comes out clean.

Broccoli Deli Salad

By SUZIE

Did you know that broccoli is not only high in vitamin C and fiber...but it is loaded with vitamin K and vitamin A as well? These two act as a team to help maintain ample amounts of vitamin D in the body.

Broccoli also acts as a detoxifier as well as it contains a flavonoid called "kaempferol" which has been shown in studies to help the body deal with allergic responses. The trick is to prepare it correctly.

Here is a great version of the deli recipe that is normally loaded with the bad fats as well as too much processed sugar and chemicals. Here is my "clean" version for your summer parties. Enjoy!

1 head of fresh organic broccoli, washed and chopped.

4 slices organic nitrate free bacon cooked, drained, and crumbled. (You may use traditional bacon, turkey bacon,

or a product called "Fakin Bacon" which is made from tempeh and sold at your local health store)

¾ cup raw sharp cheddar organic cheese, shredded

¼ of a red onion, chopped fine

1/8 cup of apple cider vinegar

1 tablespoon raw organic honey

1 teaspoon sea salt

Black pepper to taste

½ cup mashed avocado

1-2 tablespoons lemon juice

A handful of dried organic cranberries (no sugar added please)

Simply mix together first four ingredients in a bowl.

Whisk together dressing ingredients well and toss together.

Throw in cranberries last.

Chill and serve.

Movie Review: 'Guardians Of The Galaxy Vol. 3'

By BOB GARVER

The Guardians of the Galaxy were the goofballs of the Marvel Cinematic Universe before "everyone" wanted to be the goofballs of the MCU. The first film from 2014 pulled off the unlikely feat of introducing five new, disparate, uniquely funny heroes and making fans care about all of them.

The original lineup was human Peter "Star-Lord" Quill (Chris Pratt), the anthropomorphic Rocket Raccoon (Bradley Cooper), living tree Groot (Vin Diesel), green assassin Gamora (Zoe Saldana), and blue powerhouse Drax the Destroyer (Dave Bautista). Since then, the team has taken on Quill's half-sister Mantis (Pom Klementieff), Gamora's adoptive sister Nebula (Karen Gillan), displaced pirate Kraglin (Sean Gunn), and even Soviet space dog Cosmo (Maria Bakalova). They also lost Gamora at the hands of her own adoptive father Thanos, but a past version of the character traveled through time, so she's still around, but doesn't remember being part of the team, nor does she want to be.

The new adventure kicks off when Rocket is attacked by Adam Warlock (Will Poulter), the newly-created "son" of the vindictive High Priestess Ayesha (Elizabeth Debicki) of the Sovereign race, who wants revenge on Rocket for stealing from her back in "Vol. 2." And Adam just goes right on the attack, driving the small target through a wall at first sight. It's a nice change of pace from recent MCU outings where the villain tries to introduce themselves dramatically and the hero makes fun of them (looking at you, M.O.D.A.K.). Rocket can't be healed without information about his artificial biology, so Star-Lord leads a mission to his furry friend's planet of origin to steal his records. Gamora, now a space pirate, comes along, but only because she's promised a fee. Star-Lord knows the mission is about helping Rocket, but he can't help but get distracted by



the possibility that spending time with Gamora will make her fall in love with him again. She's not receptive to the idea.

Rocket, meanwhile, is forced to confront his traumatic past through a series of coma dreams. He started off as a normal, non-talking raccoon, but was given a series of painful technological upgrades by the High Evolutionary (Chukwudi Iwujii) as part of an effort to create a sort of master race. He was best friends with his fellow tortured test subjects, otter Lylla (Linda Cardellini), walrus Teefs (Asim Chaudhry), and rabbit Floor (Michaela Hoover).

The team made a pact to stay together, and we haven't seen these other characters before, so... don't get too attached to them in these flashbacks. Ah, but how can you not? That High-Evolutionary is as sick and cruel as he is megalomaniacal. He's the kind of heel I want to see kept alive in the MCU just so he can be punished more down the line.

The Rocket scenes and later ones with the High Evolutionary's exploits are true tear-jerkers, but the tone, as always, is mostly humorous. I got some good

laughs out of Mantis expressing shock at how long humans live, Star-Lord failing to sweet-talk a receptionist, and Drax negotiating the number of people he can kill on the mission. It all adds up to a highly entertaining first two-thirds.

Then I started feeling the length of the movie: the jokes got less funny, the characters and their individual storylines got too crowded and confusing, and the movie certainly wasn't retaining its appeal with its visually-mushy, commonplace-for-MCU action scenes. After a string of disappointments, the MCU has given us a decent outing with "Guardians of the Galaxy Vol. 3," but I'm still waiting for that special movie that reminds me of why it's the biggest franchise in the (known) galaxy.

Grade: B-

"Guardians of the Galaxy Vol. 3" is rated PG-13 for intense sequences of violence and action, strong language (including the MCU's first unbleeped F-bomb, which I think is wasted here), suggestive/drug references and thematic elements. Its running time is 150 minutes.

18 Quincy Residents Earn Bachelor's Degrees At Bridgewater State University

Eighteen Quincy residents were recently awarded undergraduate degrees at Bridgewater State University.

Bachelor's degrees in the arts, sciences, business, and education were awarded to approximately 1,700 gradu-

ates during Bridgewater State University's 182nd Spring Commencement Convocation held at Gillette Stadium May 13.

Graduates from Quincy are:

Joe Connaughton, Julia Crawford, Emma Doherty,

Mariah Fado, Luciana Griffin, Dan Maier, Emiliano Mbrice, Colin McNelly, Aidan Mordas, Ashley Murphy, Jake Murray, Drew Myers, Diya Ortega, Jack Peckham, Taniya Sprinkle, Peggy Tam, Zachary Taylor and Steph Teixeira.

Social Security Matters

Ask Rusty – Should Octogenarians Tell Social Security They Married?

By **RUSSELL GLOOR**
National Social Security Advisor
at the AMAC Foundation, The Non-Profit Arm
of the Association of Mature American Citizens

Dear Rusty: We were married two years ago at age 78 and 81. Do we need to do anything with Social Security?

Signed: Blissfully Happy

Dear Blissfully Happy: Congratulations on your fairly recent marriage and, yes, there are some things you should do. Specifically, you should contact Social Security to inform them of your marriage, see whether any additional benefits are available, and to make any changes needed to your contact information. Here are some things to consider:

- If a name change has occurred for one of you, that person should contact Social Security to report the change. A copy of your marriage certificate (and other ID) will be required, and a new Social Security card will be issued.

- If a change of address has also occurred for one or both of you, that must be reported. It's important that Social Security has the correct mailing address, email, and contact phone number for every beneficiary.

- If there are any other changes to the contact information on file with the Social Security Administration for either of you (e.g., your banking information), the affected person should inform Social Security of the changes needed.

- Social Security will evaluate whether any benefit increase is available as a result of your marriage, which may be the case if one of you is entitled to a "spousal boost" (an additional amount from the other now that you're married). A spousal boost may be available if one has a monthly Social Security payment which is more than twice the other's benefit. Social Security can answer that question for you when you call.

You can contact either your local Social Security office (find the number at www.ssa.gov/locator) or call the national number at 1.800.772.1213 and tell them you need to inform them of your marriage and update your contact information. If you have (or if you create) an online "my Social Security" account at www.ssa.gov/myaccount, you can initiate changes to your contact information online, but you will need to call Social Security directly via phone to record your marriage and see if any changes to monthly benefits are available. All of this can likely be done without requiring a visit to your local SS office.

It is very important that Social Security be made aware of your new marital status and to ensure that they have the correct contact information for both of you. Even if the contact information is unchanged for one of you, the other should contact Social Security as described above to update their contact information and to determine if any changes to monthly benefits are appropriate as a result of your marriage. Doing so now will avoid future issues and will make sure you are both getting the correct monthly Social Security payments as a married couple. And if one of you is entitled to a higher spousal amount, you should ask for the increase to be applied retroactively (SS will pay up to 6 months retroactively). I suggest you call Social Security as soon as possible to inform them of your marriage and make any necessary changes to your contact information.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

More Quincy news:

The Quincy Sun.com

Quincy Democratic City Committee To Hold Caucus For State Convention

Thursday, June 8 At Richard Koch Community Meeting Room

The Quincy Democratic City Committee (QDCC) will hold the Democratic Caucuses to determine delegates and alternate delegates to the 2023 Massachusetts Democratic State Convention.

The date of the caucus is Thursday, June 8. Doors will open at 6:30 p.m. and the Caucuses will start at 7 p.m. at the Richard Koch – Community Meeting Room, One Merrymount Parkway. All Wards – 1, 2, 3, 4, 5 and 6 – will be holding their caucuses at this location. This caucus is open to all registered Democrats; you may register as a Democrat at the caucus.

If you are unable to attend in person (unless Armed Forces exception), contact your ward chairperson about your interest in running. While preference will go to in-person caucus attendees, absent candidates names will be considered for any open delegate or alternate positions.

On Saturday, Sept. 23, delegates will gather at the Tson-ga Center in Lowell to adopt a Party Agenda and/or Platform by a majority vote of Convention delegates present

and voting based upon the recommendation, subject to amendments, of the Party Agenda or Platform Committee. Resolutions may be developed through a process beginning with caucuses of local Democrats.

For additional caucus information contact the Ward Chairperson at:

Ward 1 - Mike Berry email: mjbibew103@aol.com phone: 617-592-5897

Ward 2 - Nancy DeLisle email: ndelisle26@gmail.com phone: 617-777-8957

Ward 3 - Bob LaRocca email: robertelarocca@gmail.com phone: 781-307-0950

Ward 4 - Tom Fabrizio email: thomas.fabrizio@yahoo.com phone: 617-479-0037

Ward 5 - Courtney Madden email: courtney.m.madden@gmail.com phone: 617-694-4973

Ward 6 - Dan Haacker email: ddhaacker@aol.com phone: 617-331-2210.

Kemi Amodu, Heather Ogden Earn BSU Graduate Degrees

Two Quincy residents were among 470 graduate students who earned master's degrees and certificates of advanced graduate study at Bridgewater State University's 17th Graduate Commencement Convocation May 12 at Gillette Stadium.

Graduates from Quincy are: Kemi Amodu and Heather Ogden.

Maestro Steven Karidoyanes, conductor and music director of the Plymouth Philharmonic Orchestra, was the featured speaker and Distinguished Service Award recipient for bringing joy to tens of thousands of concertgoers over the

course of his 29 years at the Phil. Karidoyanes has had an impactful relationship with BSU. He created the program for and led the Phil in a powerful Inspiration, Hope and Joy benefit concert for the Martin Richard Institute for Social Justice in 2017 and played a central role in the revision of BSU's alma mater.

Renown sculptor Greg

Wyatt received an Honorary Degree. Over the past half dozen years, Bridgewater State University has become home to the Greg and Fay Wyatt Sculpture Garden, which has transformed the physical space of the campus beginning with the installation of Baryshnikov and later his original works of Horace Mann; Tree of Knowledge Heroic Scale

Portrait; four Ancient River Goddesses; and 13 works in the Bronze Poetry Relief Garden.

The message to the members of the graduate Class of 2023 was delivered by Kemi Amodu of Quincy, who earned a Master of Public Administration degree. Two academic awards were also presented to members of the class.

Great News!

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MassOMS.com/Quincy

HN Garden Club Plant Auction June 7

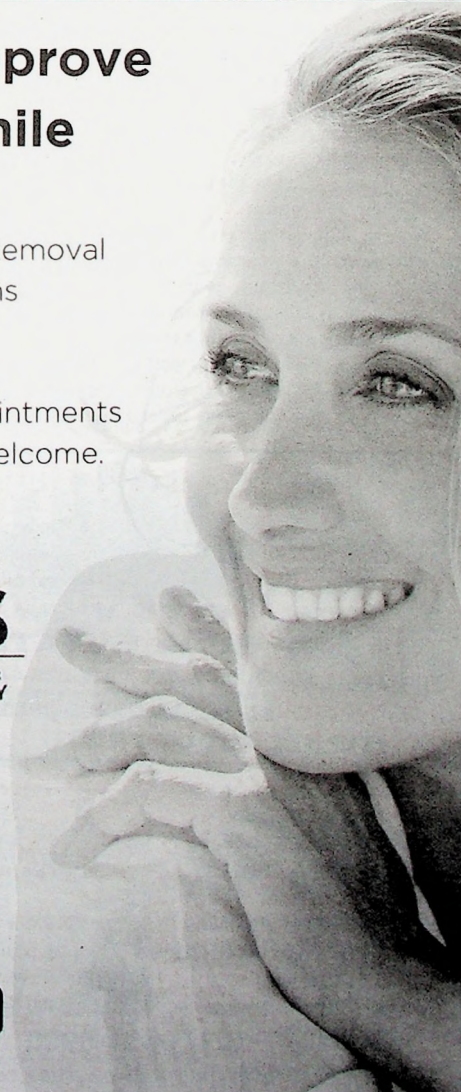
The Houghs Neck Garden Club will hold its annual Plant Auction on Wednesday, June 7, at 6:30 p.m. at the St. Thomas Aquinas Church Hall on Darrow Street.

The sale will include potato bags and specialized soil, home grown reliable perennials and a planted box of vegetables as well as popular annuals and house plants.

The sale is open to the public.

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Real Estate

Quincy Real Estate Transactions May 8 - May 12

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Neponset Bay Realty LLC
Thitnart U. Nelson
Susan C. Opanasets
19 Chapel Street Realty Trust
David P. & Ann Nagle
Ann Cosentino
Elaine Fabrizio Irrevocable Trust
Quincy Ave Realty Partners LLC
William & Laura Lebo
604-606 Washington Street LLC
Foley Family Realty Trust
Jorge & Lucindo Dos Santos
Grand Line LLC
Joseph A. & Elizabeth MacRitchie
Frederick L. Chetwynd Family Revocable Trust
John & Marguerite A. Kelly
Elbaum Realty LLC
Peter Decarlo & Julia E. Schwann

BUYER

Songhua Cui
Ray Mui & Shan Y. Chen
Martin & Maureen Conroy
Dean H. Aiguier
43 Lasell Street LLC
Christopher A. & Alexandra M. Carvalho
Jonathan P. McDonald & Anna T. Bailey
Carol Nguyen
Paul D. & Bryn Bieniek
606 Washington Street LLC
Manying Huang & Dilong Chen
Hoai-Thuong L & Justin K. Huang
53 Packard Lane LLC
William G. & Mary E. Cunniff
Cynthia J. Glynn
Michael Provenzano-Carnevale
Anton Cela
Steven Detora & Colleen Smith

AMOUNT

\$850,000.00
\$347,000.00
\$600,000.00
\$400,000.00
\$360,000.00
\$815,000.00
\$710,000.00
\$535,000.00
\$830,000.00
\$1,280,000.00
\$669,900.00
\$935,088.00
\$1,303,000.00
\$400,000.00
\$431,250.00
\$675,000.00
\$900,000.00
\$558,000.00

ADDRESS

85-105 Myrtle Street Unit 203
677 Quincy Shore Drive Unit 110
18 Taber Street
19 Chapel Street
31 Germain Avenue
143 East Elm Avenue
81 Alton Road
200 Quincy Avenue Unit C
52 Highfield Road
604-606 Washington Street
24 Ashland Street
17-19 Berry Street
53 Packards Lane
52 Ashworth Road
119 Bay View Avenue
83 Shawmut Street
10 Independence Avenue
156 Suomi Road

GOOD DEEDS: Honoring The Brave Men, Women Of Norfolk County

Memorial Day Is Monday, May 29

By WILLIAM P. O'DONNELL
Norfolk County Register of Deeds

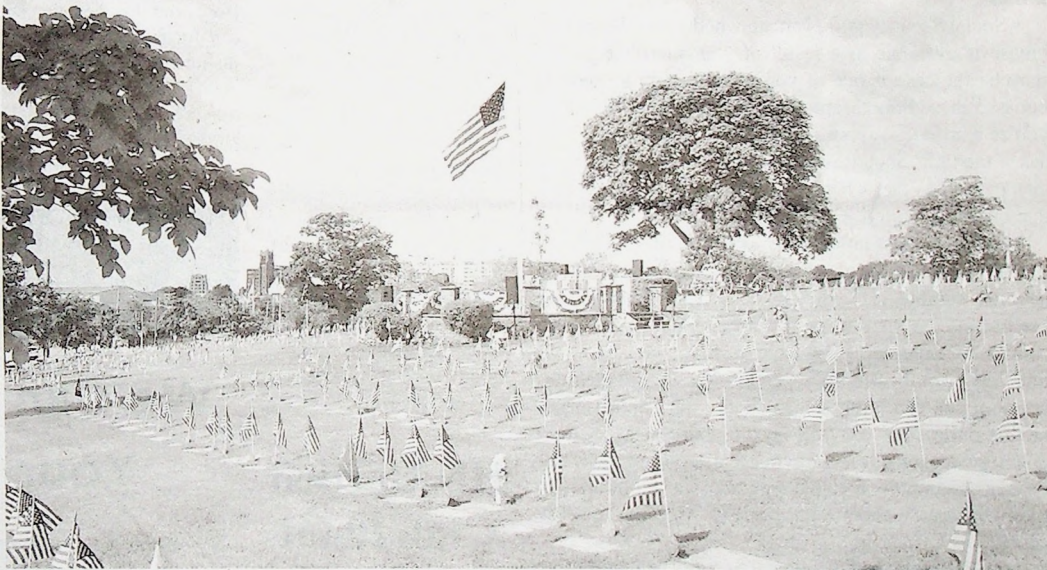
This month, we observe Memorial Day to honor and remember the brave men and women who died while serving in the United States Armed Forces. It is a day to pay tribute to their sacrifice and express gratitude for their service. I want to take a moment to talk about the history of Memorial Day and to share some ways we can all show our respect on this day.

Memorial Day originated in the aftermath of the Civil War and was initially known as Decoration Day. It became a federal holiday in 1971 and is now observed on the last Monday in May to honor those who have died while serving in the United States Armed Forces.

Late May was selected because, all across America, flowers would be in bloom, allowing loved ones to choose the best flowers to lay on the graves of fallen Soldiers, Sailors, Marines, and Airmen.

You can show respect on Memorial Day by going to a national cemetery or war memorial, putting flowers or flags on the graves of veterans, going to a local parade or ceremony, or simply taking a moment of silence to honor those who have died in service to their country.

Another way to show your respect is by sharing the story of a fallen hero. By telling their stories, it ensures that their legacy lives on and that future generations will remember



VETERANS' GRAVES decorated with American flags at Mount Wollaston Cemetery in Quincy the morning of Memorial Day, 2019. On Memorial Day the flag should be flown at half-staff from sunrise until noon only, then raised briskly to the top of the staff until sunset, in honor of the nation's battle heroes.

Quincy Sun File Photo/Robert Bosworth

the sacrifices made by these brave men and women.

This concept of all Americans coming together on this day is so powerful that in December 2000, the United States Congress passed and the president signed into law "The National Moment of Remembrance Act." This law set up the White House Commission on the National Moment of Remembrance to make sure that the sacrifices of America's fallen heroes are never forgotten.

The commission's mission is to "encourage the people

of the United States to give something back to their country, which provides them so much freedom and opportunity." The National Moment of Remembrance encourages all Americans to pause wherever they are at 3 p.m. local time on Memorial Day for a minute of silence to remember and honor those who have died in service to the nation.

So, I hope that this Memorial Day, you will join with me and your fellow Americans in taking this time to reflect on the sacrifices made by our brave men and women in uniform and to express our gratitude for their service and dedication to our country.

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Planning Board OKs 7-Story Building In Quincy Center

By SCOTT JACKSON

A local restaurateur has received the green light to construct a new seven-story building with two floors of restaurant space and 43 apartments on Hancock Street in Quincy Center.

The Planning Board on May 10 approved the proposal by Joey Arcari, the president of the Broadway Hospitality Group, to construct the new building at 1445 Hancock St. Arcari first went before the board with his proposal for the site in April.

The site at 1445 Hancock St. was previously home to Family Dollar, which closed in recent months. The property is next to two other buildings – 1455 and 1465 Hancock St. – which the city plans to raze to make way for a park. A separate development is also in the pipeline for 1469 Hancock St., currently the Adams Arcade building, which would be built by a different developer.

Arcari, whose company owns 20 restaurants throughout the region, including the Tavern in the Square chain, told the Planning Board in April that he sees himself as a restaurateur first and a developer second.

"The really important component, I feel, for this project, especially now with

the mayor's new park being built next door, is the restaurant piece. We're going to build a real flagship-type restaurant, two stories," Arcari said.

"As you can see from this rendering, this is really what we want this street to look like when this project is done. Lots of people mulling around. We're going to set the building back eight feet from Hancock and then, along with the mayor's park, I think this is really going to be an awesome area."

The city plans to tear down the buildings it owns at 1455 and 1465 Hancock St. in the coming months, Rob Stevens, the city's deputy planning director, said at the April hearing. At that same meeting, Arcari's attorney, David Mahoney, said his client plans to raze the Family Dollar building in concert with the demolition of those two buildings. The land at 1455 and 1465 Hancock St. could then be used as a lay-down area during construction of the seven-story building.

The new restaurant will occupy the majority of the ground floor of the building. The ground floor will also include two lobbies for the apartments above, one on the Hancock Street side and the other on the McConville Way side. The loading zone and trash room will be on



SEVEN-STORY BUILDING has been approved for 1445 Hancock St. in Quincy Center, formerly home of Family Dollar. The building will house a two-story restaurant and 43 apartments. It will be located next to a planned civic space that would connect Hancock Street to McConville Way. This rendering shows the Hancock Street side of the development.

Rendering Courtesy RODE Architects

the McConville Way side of the building, as would the entrance to a garage under the building.

The second floor of the building will include both restaurant space and apartments with more units on floors three through seven. Roughly half of the 43 units

would include two bedrooms and the other half would have one bedroom.

There will be seating for outdoor dining in front of the building along Hancock Street, within a portion of the city-owned civic space next door at 1455 Hancock St., and on a deck located

within the second floor of the building. The top of the building will have a roof deck for the building's residents.

The garage under the building will include space for 18 vehicles, all of which would be assigned to residents of the building. The

developer has also signed an agreement with the city to lease additional parking spaces, which could be located in the city-owned Kilroy Square garage, a new garage planned in the vicinity of the Parkway, or in surface lots in the area.

Ask Barbara Graceffa: Spring Cleaning: Swedish Death Cleaning Style

Can you recommend any books on downsizing and decluttering? I'm getting older and want to clean out so my children don't need to handle the mess later. *Cynthia*

It's spring cleaning time! To many it's a deep cleaning of rugs, window treatments, and maybe even new paint in a room or two. However, others concentrate on closets, attics, and basements as it's more about downsizing and decluttering.

In response to your question, I often refer clients to the valuable lessons found in "The Gentle Art of Swedish Death Cleaning" by Margareta Magnusson.

Death cleaning is what Swedish people do after retirement when they have

more time to downsize a lifetime of accumulations. The system's basic principles focus on the "gentle" side, rather than on "death."

It's not sad: Simplifying your life is not a melancholy experience. In fact, it can reduce your stress, thus bringing you more happiness and satisfaction.

Be gentle: Having said that, it may not be a cheeriest process, so be kind to yourself. As you sort through your belongings, recall happy memories associated with them.

No time to rush: This is not a weekend task; set a schedule and work at your own pace. And take the necessary time to decide what you want to do with your possessions. You can begin

to distribute them to family, friends, and charities now or you can label them with instructions for future dissemination. Calling it the practice-makes-perfect principle, Magnusson notes, "... the more you do it, the easier it will become and the less time it will take."

Think legacy: With death cleaning, you are giving an amazing gift to your descendants who often have to deal with a lifetime of accumulations as you move to a senior living home or after you pass. According to Magnusson, "By discarding your things and taking full responsibility for what you own, you will be leaving only good memories and valuable references for your family. Grieving is painful;

anything we can do to make it better will be highly appreciated."

Leave the best to last: Begin with the things that will be easier to let go. Your kitchen is a good place to start. Donate dishes and cooking supplies you no longer need. More personal objects like photographs and other memorabilia should be saved for last. Magnusson recommends scanning photos, saving them on a memory stick, and giving them to loved ones as Christmas gifts.

Tell: Finally, advise your

family what you are doing, why you are doing it, and seek their help to sort, pack, and find new homes for things you no longer want or need. "It's also a good way to share the fond memories associated with some of these objects and an object with a story to tell always has special value," says Magnusson.

In closing, perhaps the most valuable lesson in the book is that death cleaning is a state of mind. Don't wait until you retire; the earlier you start, the simpler it will be.

Barbara Graceffa owns and operates Secretary of the Interior in Quincy, offering creative solutions at reasonable rates. Learn more about her decorating, downsizing, decluttering and home décor sewing services, decorating workshops, and quilt programs and shows at www.sec-interior.com, tell your friends about her blog at secretaryinteriordesigning.blogspot.com and enjoy her art quilts on Instagram @secretaryinteriordesigning.

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On Monday, May 8, just before noon time, Officer Ryan Donnelly assigned to the Anti-Crime Unit, was notified by Detective Timothy Moran that a violation of probation warrant had been issued for a suspect. Information provided was that the suspect should be driving a red Honda that was not owned or registered to him and may be headed towards the Quincy Center MBTA station.

Officer Donnelly observed this vehicle pull into the parking area of the Quincy Center MBTA station. Minutes later at a high rate of speed and failing to stop at a stop sign, the suspect exited the parking lot onto Hancock Street. He crossed over the double yellow line and proceeded through a red light. Quincy Police Communications was updated as the suspect was failing to stop for Officer Donnelly and continuing to commit several traffic violations.

Based on the operator's erratic actions, the pursuit was terminated by Sergeant Duggan. A brief time later, Officer Donnelly located the suspect vehicle unoccupied on Calvin Road. Officer Jackson and his K-9 partner Luna searched the area with a negative result. The Quincy Police Marine Unit was also notified.

After some time of not being able to locate the suspect, Communications received a call that a male fitting the description had climbed a fence near Sprague Oil Terminal and was now running down Southern Artery. Units were dispatched to the area. Officer Michael Reilly located this male running across the soccer field on Cleverly Court where he lost sight of him near Kilroy's Car Wash.

Officers Dougan, Grazioso and Reilly were alerted by a citizen that the suspect was hiding in a portable toilet. The suspect was ordered to exit the portable toilet showing his hands and he was taken into custody. It was later determined that this wanted suspect swam across the Fore River channel to avoid arrest.

The suspect will be charged in Quincy District Court with operating unlicensed, failure to stop for the police, reckless operation of a motor vehicle, marked lanes viola-

A Job Well Done

By OFFICER GREGG HARTNETT
Public Information Officer
Quincy Police Department

tions, failure to stop at red lights and stop signs, speeding, trespassing and violation of probation.

A job well done by all involved and we appreciate the assistance of the citizens calling Communications with information.

On Wednesday, May 10, at approximately 5:54 a.m., Officers Chenette, McKeen and Duggan were dispatched to 15 Foster St. for a report of a breaking and entering in progress. On arrival Officers heard screaming from inside the building. Three males were observed through a window. Two of the males were wearing commercial cleaning uniforms. One of the involved males was able to get to the door and allow the officers access inside.

It was determined that the third male had broken into the building and was fighting with two employees from the cleaning company. The suspect continued to fight, now with the officers, resisting arrest and refusing to submit. He was given verbal commands several times to stop resisting, which he ignored. The suspect was eventually taken into custody. Brewster Ambulance was dispatched to the scene to evaluate and care for all involved persons. The injuries were minor and all involved were cleared by the EMS staff.

It was determined that the suspect had broken into the building through a basement window. He was located by the two cleaning staff on the third floor hiding behind a desk. The suspect will be charged at Quincy District Court with breaking and entering; nighttime, defacing property, assault and battery; elderly victim over 60, assault and resisting arrest.

A job well done by the officers for their quick response and the cleaning crew who were able to detain the suspect until the officers arrived.

An update to the above incident. Tuesday, May 9, at approximately 10:47 p.m., Officer Lawrence was dispatched to 250 block of Quincy Avenue for a breaking and entering in progress. The resident reported that the suspect fled towards Charlesmount Avenue. She stated that her son was upstairs when he encountered the suspect who hit him in the face and fled.

The juvenile son provided a detailed description of the suspect. Officer Lawrence filed a report. Detective Thien Le assigned to our Bureau of Criminal Investigations was assigned to this case. Based on the proximity, the description provided and the similar nature of the crime Detective Le contacted the victim. Utilizing a photo array, the victim confirmed that the suspect from the Foster Street breaking and entering above was also the suspect in this incident. A complaint will be sought for the additional charge of Burglary Assault on Occupants for this incident.

Job well done by Officer Lawrence and Detective Le.

Lastly, this week we would like to recognize Mr. and Mrs. Nazzaro from the Adams Shore section of Quincy. While out for a walk on Saturday, May 6, at approximately 11:30 a.m., they observed the rear of a Sea Street residence fully engulfed in flames. They quickly made their way towards the fire. Risking their own safety, they assisted a teenager out of harm's way. The teen's sibling was inside the house and not aware of what was happening.

The Nazzaros, with help of neighbors, also helped the sibling out of the house to safety. Their swift actions prevented both teens from being injured in the fast spreading fire. The Quincy Fire Department arrived quickly and was able to keep the fire from spreading to neighboring homes. Thankfully, there were no reports of injuries.

Job well done!

QUINCY POLICE CRIME AWARENESS JOURNAL

Entries submitted by the Quincy Police Department

FRIDAY, MAY 5

SHOPLIFT (past), 10:33 a.m., Walmart, 301 Falls Blvd. Serviced.

DISORDER (fighting), 2:53 p.m., Brewers Corner, 1 Copeland St. Two males in the street punching each other caller states. Nothing showing in area. Unfounded.

DISORDER, 7:50 p.m., Wendy's Restaurant, 520 Southern Artery. Youths fighting in parking lot. Gone on arrival.

DISORDER (fight), 10:17 p.m., 150 block of Billings Street. Group of males fighting. Peace restored.

SATURDAY, MAY 6

WORKING FIRE (house), 11:27 a.m., 300 block of Sea Street. Everyone is out of house. Report to be filed.

DISORDER (upset customer), 12:53 p.m., Centre Street Gas Repair, 15 Centre St. Called in by customer. Serviced.

VANDALISM/PROPERTY (TV), 10:28 p.m., Pete's Grill, 540 South St. Male smashed TV in the backroom with a pool stick. Case number provided. Peace restored.

SUNDAY, MAY 7

DISORDER, 12:10 a.m., Cathay Pacific, 111 Hancock St. Disorder resolved prior to officer arrival. Party paid bill. Incident closed.

VANDALISM/PROPERTY (broken window), 1:35 a.m., 800 block of Southern Artery. Broken front window with a brick. Reporting party provided with case number. Officer to file.

BREAKING AND ENTERING/MOTOR VEHICLE, 1:45 a.m., Emerald Street. Officer request. Report of B&E motor vehicle to be taken by Officer Burga.

VANDALISM/PROPERTY (house egged), 9:01 a.m., 300 block of Rock Island Road. Front of the house. No suspect info at this time. Case number provided.

VANDALISM/PROPERTY (house egged), 9:49 a.m., 20 block of Broadway. Reporting party states yesterday her house was egged in the back. Report to be filed.

DISORDER, 9:05 p.m., Mound Street Beach. Six or seven arguing. Fire put out. Youths sent on way. Reporting party advised.

MONDAY, MAY 8

VANDALISM/PROPERTY (vans), 8:45 a.m., YMCA, 79 Coddington St. Ongoing issues. Three vans had the windows broken.

ASSAULT AND BATTERY (past), 12:26 p.m., Centre Street Gas Repair, 15 Centre St. Serviced. Report to be filed.

VANDALISM/PROPERTY (vehicle), 3:25 p.m., 300 block of Common Street. Person known to her poured

steering fluid into her gas tank. Case number provided.

SHOPLIFT (white male in all black), 6:28 p.m., CVS Pharmacy, 626 Southern Artery. Male is screaming at everyone. Male is becoming more violent no weapons. Party sent on way, peace restored.

WORKING FIRE (oven fire), 6:51 p.m., 500 block of South Street. Possible grease fire caller is cooking bacon in the oven.

DISORDER, 7:06 p.m., Burger King, 62 Granite St. Argument inside. Peace restored.

VANDALISM/PROPERTY (vehicle damaged), 7:12 p.m., Walmart, 301 Falls Blvd. Says her vehicle was vandalized while parked at above. Report filed.

DISORDER (fight), 10:12 p.m., Seven Eleven Store, 230 Washington St. Physically fighting. Peace restored.

DISORDER (not allowing), 10:14 p.m., 60 block of Mound Street. Five males not allowing party to drive away. Youths sent on way. Peace restored.

TUESDAY, MAY 9

DISORDER (arguing), 7:58 p.m., Dunkin Donuts, 588 Washington St. Male on bike arguing with the caller. Won't let him pass. Advised, peace restored.

VANDALISM/PROPERTY (graffiti), 9:42 a.m., 190 block of Commander Shea Boulevard. Shop owner concerned for graffiti in area. Not looking to file a report at this time. He was advised.

DISORDER (youths), 4:34 p.m., Lincoln-Hancock School, 300 Granite St. In parking lot. Looks like one youth has a piece of wood in his hand and they are taunting another youth. Approximately eight youths. Youths sent on their way. Advised.

BREAKING AND ENTERING/PROGRESS (male), 10:47 p.m., 250 block of Quincy Avenue. Male fled. Report to be filed.

WEDNESDAY, MAY 10

DISORDER (arguing), 2:43 a.m., 880 block of Sea Street. States that residents are loudly arguing in unit and throwing things. Has been going on for approximately 15 minutes. Neighbor issue. No disorder. Parties advised.

BREAKING AND ENTERING/PROGRESS, 5:54 a.m., Mahoney/Harnais/Diamond, 15 Foster St. Arrest made. Report to be filed.

DISORDER (with customer), 7:58 a.m., Walmart, 301 Falls Blvd. Over a return of electronics. Sent on way. Advised.

DISORDER (with customer), 2:25 p.m. Meineke Muffler, 662 Southern Artery. Incident resolved. Peace restored.

SHOPLIFT (chicken), 2:49 p.m., Stop and Shop Supermarket, 495 Southern Artery. Put two buckets of chicken in his duffle bag. All product retained, they were sent on way.

SHOPLIFT (in progress), 5:32 p.m., Walgreen Pharmacy, 330 Hancock St. Male is heading towards T station and is at fire house and threw items near fire station. Male tried to jam and break perfume case. Suspect gone on arrival. Store to handle.

THURSDAY, MAY 11

VANDALISM/PROPERTY (follow up), 9:26 p.m., YMCA, 79 Coddington St. Report to be filed.

DISORDER (two females yelling), 11:10 a.m., Dunkin Donuts, 125 Hancock St. Yelling coming from the back room approximately five minutes ago. Spoke to manager, both parties advised.

SHOPLIFT, 11:11 a.m., Walgreen Pharmacy, 330 Hancock St. Male stealing baby formula. Party left the area. Spoke to store manager.

DISORDER, 1:54 p.m., General Dunford Drive. Gone on arrival.

Wollaston Garden Club Plant Sale Saturday

Members of the Wollaston Garden Club have been busy this past month dividing and potting perennials and shrubs for their annual Spring Plant Sale of hardy locally-grown plants on Saturday, May 20th (rain or shine) from 9 a.m. to 12 noon at Wollaston Congregational Church, corner of Lincoln and Winthrop Avenues, Wollaston.

Besides a wide array of hardy perennials, also available at the sale will be: herbs, tomato plants, other vegetable plants, and garden ornaments. The palm-flex style gardening gloves used by many of the garden club members will be also sold.

Master Gardeners will be on site to answer questions and provide planting advice. Plants will be organized according to light require-

ments: sun to shade.

WGC Co-Presidents, Kathy Ceurvels and Janet DiPaolo remind shoppers "to arrive on time for the best selection." Locals know well the benefits of buying hardy garden club perennials for really successful gardening at their urban home sites.

Proceeds from the plant sale benefit the many edu-

cational, civic beautification and conservation projects of the garden club.

The Wollaston Garden Club is a member of the National Garden Clubs, Inc. and The Garden Club Federation of Massachusetts, Inc. and is a 501c3 non-profit organization dedicated to promoting the love of gardening and the conservation and beautification of our community.

Koch Proposes \$405.78 Million FY24 Budget

Cont'd From Page 3

(old City Hall). The council's finance committee will begin reviewing the budget that evening and will hold additional hearings on May 30 and June 13. Councilors can cut money from the budget but cannot add to it.

Speaking during Monday's meeting, Koch thanked all nine councilors for the work they do and for their collaboration on initiatives throughout the city.

"I appreciate the advice and the counsel I get from each of you," he said. "Though we may not agree on everything, I think all our hearts are in the right place and we continue to move the city forward."

The mayor said the budget's "largest increase is dedicated to the new collective bargaining agreements for all our citywide employees" and that 61 percent of the budget increase is directly related to employee costs. Thirty-six percent of the increase is tied to debt service, "in large part due to the offset on the pension obligation bond," he added.

The budget would create four new positions, one of which is a crisis response specialist within the Police Department. That job would come with a \$97,600 salary, which Koch said could be

offset with grant money.

"Chief Keenan has been excellent in his leadership of the department and recognizes some of the challenges with mental illness cases we have out there that sometimes the police officers are not quite equipped to handle," Koch said. "Having this in the budget is really a big help to those that need service on the street."

Two new archivist positions would be created at the Thomas Crane Public Library at a salary of \$53,450 each. Sara Slymon, the library's director, asked for those positions, Koch said.

"As you know, we're an old city, we have a lot of stuff, and that stuff needs to be taken care of. It needs to be catalogued, preserved, and she's moving forward on that," the mayor said.

The fourth new position is a recreation operations supervisor within the recreation division of the Department of Natural Resources at a salary of \$72,800.

"As you know, we have pretty incredible playgrounds, open spaces, that are in great shape and we try to match that with great programming," Koch said. "I think our recreation department does a phenomenal job."

The budget would also

provide funding to add a fourth ladder company within the Quincy Fire Department, a proposal that Koch and Fire Chief Joseph Jackson announced last week. During that announcement, Jackson said doing so would cost \$85,000 annually because of promotions that would be required in the department.

Overall, Koch is proposing to increase the Fire Department's budget from \$28.73 million in the current fiscal year to \$37.27 million next fiscal year. The Police Department's budget would increase from \$34.57 million in FY23 to \$40.29 million in FY24.

The general fund appropriation toward the Quincy Public Schools would increase from \$120.84 million this fiscal year to \$127.54 million in the new fiscal year. The School Committee, not the City Council, will determine how those funds are allocated.

During his remarks on Monday, the mayor also noted that city expects to spend more on waste collection in the fiscal year than it did this year because of rising recycling costs; he is proposing to increase the collection and disposal budget from \$8.42 million to \$9.39 million.

Koch is proposing to reduce the budget set aside for snow and ice removal, from \$2.72 million this fiscal year to \$2.22 million in the new fiscal year, based on spending in recent years. State law allows communities to deficit spend on snow and ice removal if necessary.

The budget also includes what Koch termed "market adjustments" to the salaries for department heads and other non-union appointees. The city had contracted with a Minnesota-based company to conduct a compensation study, the findings of which were presented to the City Council last month. Some of the raises proposed in the budget are less than what had been suggested in the compensation study.

Neither the mayor nor the city councilors would see their pay increase under Koch's budget proposal.

The proposed budget includes \$59 million in total for debt service payments, 53 percent of which can be offset by sources outside the general fund, Koch said, including grants from the MSBA and FEMA, the city's Community Preservation Committee, or the district-improvement-financing mechanism in place for Quincy Center.

Included within the pro-

posed debt service budget is \$16.47 million for payments on the city's pension obligation bond, up from \$15.68 million in the current budget. Councilors in June 2021 had authorized the mayor to borrow up to \$475 million for unfunded pension liabilities, a move Koch said could save the city \$130 million over the years.

In his presentation on Monday, Koch said the city is expected to receive an additional \$10.1 million in local aid from the state in the new fiscal year, "a good chunk" of which will be Chapter 70 funding for education.

"I certainly want to thank Speaker Mariano, Sen. Keenan, Rep. Ayers and Rep. Chan and also Gov. Healey's administration for doing a good job and seeing a good increase in our state aid this year," Koch said.

The mayor also noted that the city's portion of the meals tax — one of the many revenue sources that falls under the umbrella of local

receipts — has rebounded and is projected to reach an all-time high in fiscal year 2024.

In terms of property taxes, Koch said the tax burden for residents would be middle of the road compared to other communities in the state, while the services the city provides are top-notch.

"Out of the 351 cities and towns in Massachusetts, we are smack in the middle on tax burden, but I would argue that we are right on the top on services provided to residents of the city," he said.

"We can talk about the services in our schools. We can talk about the sewer department in the middle of the night pumping out a sewer backup in a basement — many towns don't provide that service. Excellent trash pickup...library service, veterans services, Council on Aging, I could go on and on."

The city will have \$49.1 million in excess tax levy next fiscal year, Koch said,

Cont'd On Page 23

SAL Memorial Day Observance Sunday At Flags For Veterans Island

Lt. Cmdr. Alicia Ping, Commanding Officer NRC, Speaker

Squadron 294 of the Sons of The American Legion, Cyril P. Morrisette Post, Quincy, will hold its annual commemorative ceremony for Memorial Day on Sunday, May 21 at 1 p.m. at Flags for Veterans Island, Fort Square, Quincy.

Keynote speaker will be Lt. Cmdr. Alicia J. Ping, United States Navy. Lt. Cmdr. Ping is the commanding officer of the Naval Reserve Center, Quincy and a Naval Aviator with over 20 years of service since her graduation from Rensselaer Polytechnic Institute.

Lt. Cmdr. Ping, a native of Baltimore, Maryland, graduated from Rensselaer Polytechnic Institute in 2002 with a bachelor of science in information technology. Following graduation, she attended flight school in Pensacola and Milton, Florida; where she was designated a Naval Aviator in 2004.

LCDR Ping's sea duty assignments include serving as a SH-60B Seahawk pilot with Helicopter Anti-Submarine Light FOUR NINE (HSL-49) in San Diego,

CA and a SH-60F pilot at Helicopter Anti-Submarine Light FIVE ONE (HSL-51) in Atsugi, Japan. While overseas she deployed to Fifth, Sixth and Seventh Fleets onboard the USS Ingraham (FFG-61) and USS Blue Ridge (LCC-19). She transitioned to fixed wing as a Training and Administration of the Reserves (TAR) Department Head at Fleet Logistics Support Squadron SIX ONE (VR-61) while flying the C-40A Clipper. At VR-61 she flew worldwide missions in support of Navy Unique Fleet Essential Air-lift and deployed as Detachment Officer in Charge to Naval Air Station Sigonella and Naval Air Facility Atsugi.

LCDR Ping's shore assignments include Operational Test Director for Expeditionary Warfare Systems at Commander Operational Test and Evaluation Force and Type Commander Class Desk for Unmanned Aerial Systems and the C-26 Metroliner at Naval Air Force Atlantic.

LCDR Ping became



LT. CMDR. ALICIA J. PING

NRC Quincy's Executive Officer in June 2020. She took command of the Reserve Center in April 2022.

LCDR Ping holds an Executive Master of Business Administration degree from the Naval Postgraduate School. Her military

awards include the Navy Commendation Medal (x4), Navy Achievement Medal and other unit and campaign awards.

The public is encouraged to attend the May 21st ceremony to honor all who made the ultimate sacrifice for our freedom.

Memorial Day Ceremony May 29 At H-A Common

Cont'd From Page 3

cial Forces Tab, and Expert Marksmanship Badge for the M16 rifle.

Perchard is a life member of the VFW Post 613 in Quincy and Chapter 54 of the Special Forces Association in Boston. He is also a member of American Legion Post 380 in Quincy, the Massachusetts Police Association, and the Quincy Lodge of Elks, among other organizations.

Among the units participating in this year's parade are: the Quincy Police and Fire Honor Guards, the Quincy Veterans Coun-

cil Color Guard, the city's veterans' organizations, the Windjammers drum squad and marching band, a rag time band, the Hobo marching band, the North Quincy High School Air Force Junior ROTC, Boy and Girl Scouts, Quincy Fire Department vehicles, Brewster Ambulance vehicles, and the Quincy-North Quincy High School band.

In the event of inclement weather, the Memorial Day ceremony will be held at 11 a.m. that morning in the auditorium of Quincy High School. For more information, call 617-376-1193.

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Auto Warning Sounds, Tire Valve Stems, Hybrid SUVs, Fuses

Ask John Paul: AAA New England's Car Doctor
Senior Manager, Public Affairs and Traffic Safety

I worked at an office with a three level, 900-car underground garage. I cannot begin to remember how many times I almost was hit by some idiot careening around a corner or backing up without looking. Parking garages have foot traffic – at a minimum one human for each car! The last thing I would have needed would have been a silent Lexus, or silent anything else, gliding quietly around a corner – especially with background noise from other not so silent cars. I believe, however, you might want to rethink that very small but potentially deadly bit of advice and driving a plugin hybrid in EV only mode.

I recently drove a BMW IX EV at a crowded street fair, and you are correct, most pedestrians were too busy looking at everything but the traffic. To ensure that pedestrians will hear electric and hybrid vehicles coming, the National Highway Traffic Safety Administration requires these vehicles to emit sounds ranging from 43 to 64 decibels when they are moving at less than 18.6 mph. Each manufacturer uses its own warning sounds, whether this sound is sufficient I am not sure based on my experience.

We have a 2020 Hyundai Elantra. Intermittently the starter button does not activate the starter and the car does not start. Trying the button multiple times eventually starts the engine. At times all the lights on the dash flash until the starter button is pressed again. Most recently the car has started up as it should. Any ideas?

I have not heard of this on this model, but if the simple things did not work then the car needs to go to the dealer (depending on the mileage could be under warranty) and be tested. The tech will hook up a scan tool and read the various actions of the key fob. If the fob is transmitting the receiver or antenna could be faulty, there could be a wiring issue, or it could be even as simple as the push button has a poor connection (which I have seen several times) in other cars.

I had my car, a 2014 Toyota Camry, in the shop a year ago for the 100,000 miles maintenance. It now has 115,000 miles. According to you, it is time to take it in for maintenance (oil and filter have been changed every 5,000 miles). What should be checked/or repaired every 6 months?

I also have a car which only requires an oil change once per year. Still every month or so I open the hood to check all the fluids, and also give the belts and hoses, radiator and battery connections a look. Now depending on the age of the car this can vary. Every six months or so, having the car on a lift to look for oil leaks, steering and suspension wear as well as a tire check (air pressure should be checked once per month). Items such as cabin and engine air filter can last up to three years, but it makes sense to look at them at least yearly. Engine coolant quality (which can last from 3-10 years) still should be checked once per year. Brake fluid is replaced every three or so years. So, depending on where you are with the car these things can and should be checked on some type of routine basis. Finding issues before they become serious can be safer and sometimes more cost effective to repair.

I bought a 2016 Cadillac SRX two years ago with 20,500 miles on. It was a Certified used Cadillac bought from a Cadillac dealer. It is a great car except for one slight problem. The rear cargo door squeaks and groans over bumpy roads and on turns. It was back to the dealer twice for this problem and all they did was smear some grease on the hinges which helped a bit briefly. Is this a common problem and is there an adjustment or other means to stop the creaking that I would be able to do myself? I am pretty handy, or does it have to go to a body shop?

Do you have a car question?

Every question gets a personal reply.

Email John jpaul@aaanortheast.com

Since the noise was better with the lube, the lift gate is either too tight (most likely) or too loose. Many times, technicians believe if there is a squeak tighten everything as tight as possible. But in fact, the rubber gasket is designed to hold the liftgate properly without a rattle or squeak. There are no technical service bulletins about the noise, but the vehicle was recalled for the liftgate possibly before you purchased the vehicle. I think it will just take time and a little effort to get the liftgate and stops adjusted correctly.

I have a 2001 Jeep Grand Cherokee. Several months ago, it would not start and the light with the key symbol with the line through it was on and it would not start. Prior to this it would occasionally shut off while I was driving. My mechanic said it was the skim module. I took it in, and he advised me that the PCM was bad. I found the part on eBay, and he installed and programmed it. It ran fine, but then it started randomly shutting off again. I brought it back to my mechanic and he could not find anything wrong. He said to drive it for a little bit to get the PCM to "set." It was fine for a week, no issue and it randomly began shutting off again when I am driving. When it happens, I just put it in park, turn the ignition to off, and turn it on again, and it starts right back up. I am going to call my mechanic again today. Have you heard of anything like this? Any insight would be appreciated.

It sounds like you may have had two problems: the key indicator, certainly could have been the SKIM (Sentry Key Immobilizer Module), and the ECM (main computer) needs to see that signal for the car to start. I would have the technician look at the crankshaft sensor as well as checking for codes. The crankshaft position sensor is a common failure in these Jeep engines.

I bought two new front tires in January. The tires are fine, but Saturday I went to check the tire pressure in the front tires and the valve stem on the left front tire broke in half deflating the tire. We had the car towed and the tire store called would not be covered under the tire warranty. The car is 14 years old, and they told me that replacing the stem is standard practice. They said the part is about \$85 and with labor it will come to about \$115. Is that within the normal range and should they have covered the cost of the repair since the valve stem might have been damaged when they replaced the tires?

Chances are if the metal valve stem was damaged when the tires were installed it would have failed much earlier. You have been lucky so far since the typical life of a direct reading tire pressure sensor is seven to 10 years. As for cost the factory sensor (the tire store probably used a quality generic sensor) is about \$128 and some shops will charge a minimum of one hour labor to install the sensor, rebalance the tire and program the new sensor. Although \$115 is expensive for a valve stem, the price was certainly fair.

We currently own a 2017 Mazda CX-5 and spend our summers from June through September in Vermont. We are seriously considering a hybrid SUV. Electric charging stations are not readily available where we live. There are rumors that the elected officials would like to install charging stations throughout the city. It is a 210-mile trip from our apartment to Vermont. A midsize SUV suits our needs, we do a lot of day trips. We are considering the KIA Sportage. We would consider other makes as well and our budget is \$40,000.



JOHN PAUL
AAA's Car Doctor

To me it seems like at least for the near future a plug-in hybrid (PHEV) may be the best choice rather than a full electric vehicle. I recently evaluated the Hyundai Santa Fe. It was in the upper trim level called Calligraphy. This model was a plug-in hybrid. It delivered about 30 miles of all electric range with a total range of about 450 miles. For 30 miles of range may be your day-to-day driving and although you can charge at any level II charging station, you can also charge overnight on 120-volt outlet which may work out nicely at your Vermont home. Although slightly smaller the Toyota RAV4 Prime is also a particularly good choice.

Why does AAA and other garages charge to keep your old battery when they put in a new one?

Many car parts have what is referred to as a core charge. This could be steering systems, starters, alternators, and all battery retailers have a battery "core" charge. Some do it because there is some value in an old battery, but also because people do not do a great job of disposing of old batteries. Several years back we had a battery round-up where we asked members to bring us their old batteries and we got hundreds. I also attended a cleanup day once and found dozens of batteries disposed of by the side of the road and even a stream. The core charge is built into the battery cost. The old battery is palletized, and shipped back to a recycler and about 98 percent of old battery material can be processed and reused to make new batteries, limiting the impact on natural resources. If you want to keep the old battery, alternator, or starter, you certainly can, you just need to pay for it.

Can you explain fuses to me? When I first owned a car, the fuses were glass tubes and amp ratings, now there seems to be all kinds of sizes, shapes, and colors. Do the colors mean something?

There are all different types of fuses in a modern automotive fuse box. Older cars had glass fuses, imports had Bosch fuses, today most cars use some type of blade fuse. These can be mini-blades, standard and maxi-fuses and cartridge style fuses. In addition to these fuses there could also be circuit breaker style fuses mixed together in the same car. Generally, within a fuse type, fuses are color coded by amp rating. For example, a standard blue fuse has a 15-amp rating, yellow is 20-amps and green is 30-amps.

I have a 2012 Ford Explorer and the radio no longer works. My Ford dealership is going to charge me a ton of money to fix the radio. Do you know of any places that specialize in repairing car/SUV radio that will not charge me a fortune?

Sometimes rather than repairing the radio, you are better off replacing it with a used one from a salvage yard or eBay. The other option is to upgrade the radio with one from an auto stereo store. Upgrading the radio allows you to take advantage of Bluetooth streaming or even satellite radio. Perhaps one of our AAA Approved repair shops could help. Go to aaa.com/repair for a shop near you.

My inquiry is about a tan 1998 Toyota Camry with 128,000 miles. The clear coat paint is peeling on the hood. What can I do?

The best thing you can do is remove all the clearcoat and have it reapplied – this will provide the best results but is also the most expensive. The other option is what we refer to is a "scuff and buff." Using a heavy-duty pad remove the flaking clear coat and then machine buff what is left with course and then fine polishing compound finishing with wax. It will not be perfect but usually pretty good from 10 feet away. If you do not want to try it yourself, check with a local detail shop or a body shop to see if the paint can be salvaged.

I have a boat and have been replacing the battery every three years. Why do boat batteries have such a short life?

A battery in a boat, depending on where the boat is used, bounces around more. The other issue is the battery state of charge. If the boat only gets used every few weeks, the

Cont'd On Page 15

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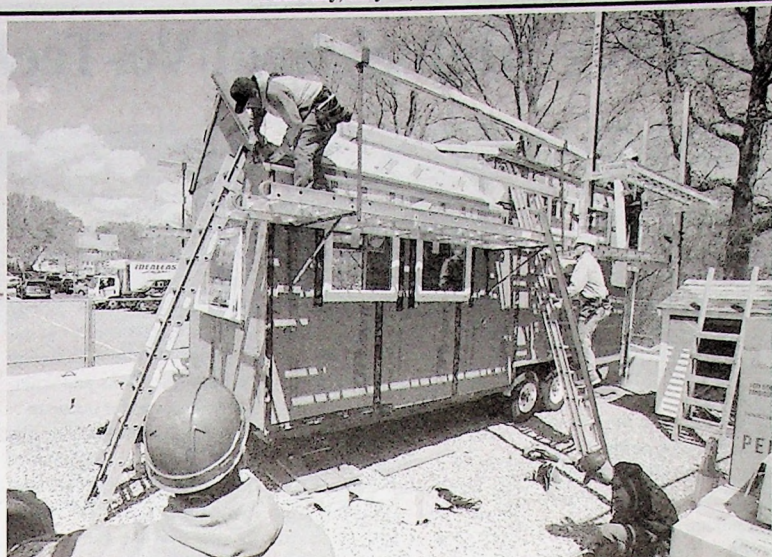
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QUINCY HIGH SCHOOL carpentry student Gordo Pina installs a metal roof panel under the watchful eye of East Coast Roofing worker Sean Azarbin, right, during a demonstration for vocational students.
Quincy Sun photos/Tom Gorman



QUINCY HIGH SCHOOL carpentry students look on as a roof on a tiny house is prepared for metal panels during a demonstration for vocational students.



QUINCY HIGH SCHOOL carpentry students participate in a metal roof installation on a tiny house.



QUINCY HIGH SCHOOL carpentry students observe East Coast Metal Roofing worker Sean Azarbin, foreground, install metal roof panels on a tiny house as part of demonstration for vocational students.

Quincy High School Vo-Tech Students Build Tiny House

By TOM GORMAN

Quincy High School vocational technical education students are honing their skills by building a tiny house that will soon be home to a lucky person.

Electrical, carpentry, and plumbing students have been working on the house on a section of the school's parking lot just outside the tech ed workshop. About two years ago, school officials, in conjunction with

the Quincy Chamber of Commerce, set the stage for the vo-tech students to construct the 196-square-foot home to provide real job experience for students studying the respective trades.

On a recent day, carpentry students observed, then participated in installing a metal roof. East Coast Metal Roofing in Oxford donated materials and workers as part of a collaboration with the technical education pro-

gram.

Carpentry instructor Bob Burke led his group of students watching East Coast workers Doug Churchill and Sean Azarbin measure, cut, and then install the metal roof frame and tiles during a demonstration. After a period of observation, the students climbed ladders and gathered on scaffolding on either side of the house and, under the instruction of the workers, began to install the

tiles.

"This is a great opportunity for the kids to learn a trade and participate in learning," said East Coast Metal Roofing marketing consultant Paul Kujawski.

Scott Palmer, the executive officer for the Builders and Remodelers Association of Greater Boston explained that the tiny house, measuring 24-feet by 8-feet, will be a fully functional home when completed. It will be

auctioned by the Quincy Chamber of Commerce.

"This ends up being a real house somebody can live in," he said, noting that the home undergoes several inspections during construction so it can meet industry standards for certification.

The house sits on a trailer — custom built by the students — so it can be mobile. Palmer said that a tiny house must have a legal lot of land for it to be placed. However,

if it is on a trailer, it can be treated like a recreational vehicle and "go anywhere. You just need a trailer registration."

Palmer said the goal of the tiny house project is to encourage more students to consider a trade where there has been a shortage recently of skilled trade workers. He noted that there is a push for more women to enter the trades.

Cont'd On Page 16

Ask John Paul: AAA New England's Car Doctor

Cont'd From Page 14

battery is discharging and recharging more than if the boat were used every day. You may find you will get more life out of your boat battery if you keep it fully charged. A solar battery charger is a good option to keep the battery charged when the boat is sitting at the dock or on the trailer. Also only use a marine battery, they are designed for this application. Finally, if your boat has a battery disconnect switch, disconnecting the battery can help with any parasitic drain issues, which can shorten battery life.

On my 2014 Toyota Avalon the power window switch on the passenger side isn't working, but the switch on the driver's side with all four is working fine. Is this a sensor or something else.

The switch communicates through a computer network to the car's main computer. The issue could simply be a faulty switch, but it could also be a communications problem to the computer. This can be checked with a professional level bi-directional scan tool that can read the window commands and also command the window to move.

Can you tell me how much it costs to replace both front wheel bearings on my 2009 Nissan Murano SL with all wheel drive. The prices seem to vary, and I want to make sure I'm not getting taken advantage of.

The wheel bearings are actually part of the front hub assembly, the bearing and hub have a retail cost of approximately \$230 each. The labor to replace the hubs depending on shop labor fees is about \$300 (about two hours at \$150 per hour). You could save a little money with an aftermarket part, but be aware part quality can vary greatly. Once the repair is performed the vehicle should have a wheel alignment to prevent tire wear.

My daughter has a 2004 Hyundai Elantra. About two months ago, the alternator was failing in heavy rain, this triggered the battery icon and also check engine light to come on. I've replaced alternator while check engine light still reappears. The diagnostic code is PO456 indicating very small emission leak. I would like to know if alternator issue can create and store a false code in car computer? The emission monitors become "ready" following driving enough even if check engine light is on. I have also replaced purge solenoid valve, charcoal canister vent valve and gas cap. Could the computer need replacement to solve matter?

The most common reasons that a 2004 Hyundai Elantra has code PO456 are, most of the items you have changed. The gas cap is most common, followed by the EVAP canister, vent solenoid, then the purge solenoid, then a leaking

fuel filler neck, leaking evaporative emissions lines and in a very few instances the fuel pump was the issue. At this point, the best thing to do is find a shop that can "smoke test" the evaporative emissions system to look for a leak. At nearly 20 years old it is entirely possible the fuel filler could be the source of the leak.

I have 2010 Toyota Camry with 142,000 miles. Two months ago, the car just shut off on the way. The local mechanic put a new aftermarket fuel pump and it was running very well, for a while. After another month it stopped and wouldn't start. I towed the car to another mechanic, and he said fuel pump is not good so he changed Toyota fuel pump. It ran good for another two weeks and now after driving for 10 minutes it shuts off again. I am guessing that maybe it is time to change the spark plugs and ignition coil. What would you do?

Since the fuel pump at least temporarily solved the issue, I would look in this general direction. At this point any diagnosis should start with a thorough visual inspection, followed by a complete scan of the computer system. Since the engine stops running after 10 minutes, the shop should hook up their diagnostic equipment and monitor the data, up until the engine stops running. Could it be an ignition coil, perhaps, but to avoid guessing some additional diagnostic time is necessary to find the actual problem.

Quincy High School Vo-Tech Students Build Tiny House

Cont'd From Page 15

"Massachusetts has the highest percentage of women in trades where the national average is low," he said.

"Construction no longer requires heavy lifting," said Palmer. Pointing to his head he added, "It's all about using this."

According to the Quincy Chamber of Commerce, local businesses sponsoring the Quincy tiny house project include: Quincy & South Shore Building Trades Council, HarborOne Bank, Tiles by Perfection, Commonwealth Building, Inc., Curry Ace Paint & Hard-

ware, Granite City Electric Supply Co., Inc, Republic Plumbing Supply Co., Hancock Appliance, Federal Rent A Fence, TLC Supply Inc, Means Precast, Galvin Company, New England Building Supply Downtown Boston, and Martin Kitchen and Bath.

Tiny houses have become popular over the past decade. They cost less to buy or build than a regular size home. The average home now sells for over \$450,000. A Tiny house can be purchased for \$40,000 or less. Tiny houses are also less expensive than renting an apartment or buying a condo.

The Massachusetts legislature in 2020 became the sixth state to adopt Appendix Q that provides building code guidelines under the International Residential Code in constructing a dwelling that is 400 square feet or less. It spells out design specifications including room dimensions and emergency escape for occupancy in a small building. The law does not cover tiny houses on wheels. A move is under way to amend the statute addressing the mobile tiny houses.

Maine, Idaho, California, Georgia, and Oregon are the other states that have adopted the appendix.



QUINCY HIGH SCHOOL carpentry students prepare to climb the roof of a tiny house for a metal roof installation demonstration.



QUINCY HIGH SCHOOL carpentry students watch a metal roof installation demonstration on a tiny house.

Quincy Sun photos/Tom Gorman



SCOTT PALMER, executive officer of the Builders and Remodelers Association of Greater Boston shows how metal roof panels are connected.



EAST COAST METAL Roing worker Sean Azarbin, right, shows vocational students how a metal edging piece is installed during a roofing demonstration.



QUINCY HIGH SCHOOL carpentry instructor Bob Burke, right, explains the procedure of a metal roof installation on a tiny house as part of a demonstration for the vocational students.

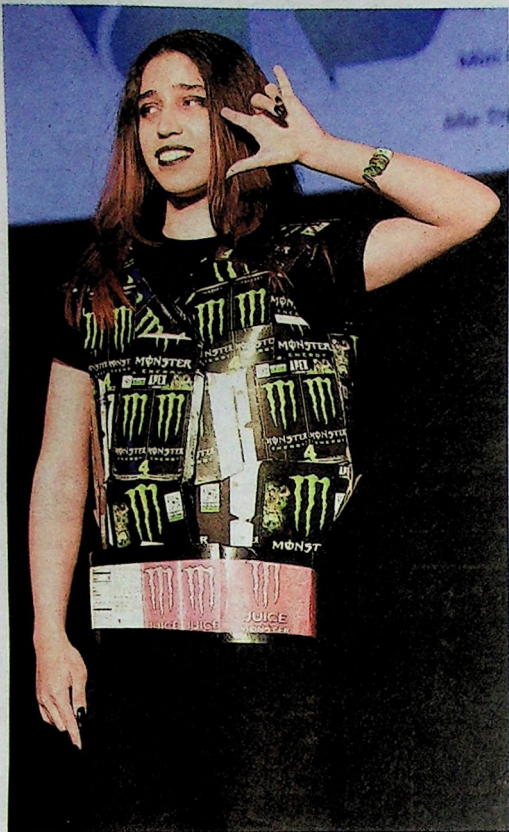


QUINCY HIGH SCHOOL carpentry students assist installing a metal roof on a tiny house.



QUINCY HIGH SCHOOL carpentry students Molly Smith, left, and Elizabeth Jones, right, observe the installation of metal roof panels.

Eco-Friendly Fashions At Quincy High Show



MORE ECO-FRIENDLY garments from the recent Quincy High School Fashion Show. Above: Monster juice packages fashion designed and modeled by student Jayden Guerra. Middle: Lululemon bags garment designed by student Olivia Moura is modeled by student Bridget Hoare. Right: old bed sheets/curtains garment designed and modeled by student Bridget Rohanna. More fashion show photos on Pages 18 and 19.

Quincy Sun Photos/Robert Bosworth

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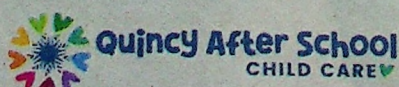
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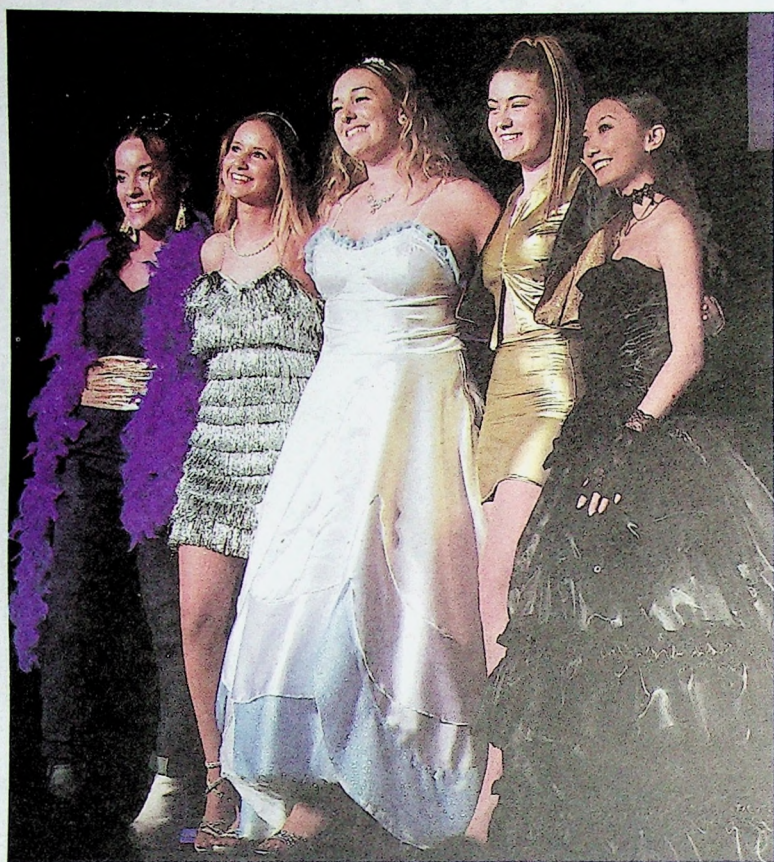
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QHS Fashion Show Features Junior, Senior Collections



QUINCY HIGH SCHOOL'S annual Fashion Show May 4 featured collections designed and modeled by junior and senior fashion majors. Above: senior major collection designed by student Beth Chetwynd modeled by students Beth Chetwynd, Casey Nguyen, Amira Aitsaid, Avery Pitta and Lauren Kabilian. At right: junior major collection designed by student Katie Bardwell modeled by students Devereux Fuller, Mollie Smith-Gaeta and Molly Jacobs.



JUNIOR MAJOR COLLECTION designed by QHS student Mallory Carlson and modeled by students Cassidy McCarthy, Lauren Tremblay, Skya Whelan and Corrina Janshego.



JUNIOR MAJOR COLLECTION designed by QHS student Sam Conley and modeled by students Maddie O'Hara Kelly, Brianna Sullivan, Kiera Macaan and Mary Saccoach.

BOTTOM RIGHT: JUNIOR MAJOR COLLECTION designed by QHS student Mary Tan and modeled by students Brandon Hibbard, Michelle Phung, Huong Le, Tiffany Lee and Kelly Phu. More QHS Fashion Show photos on Page 19.

Quincy Sun Photos/Robert Bosworth



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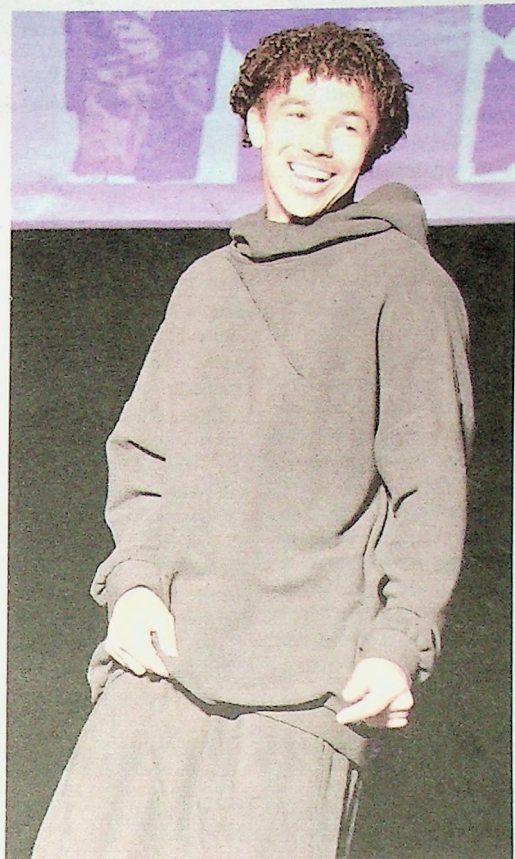
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QHS Fashion Show Features Junior, Senior Collections



JUNIOR MAJOR COLLECTION designed by Quincy High School student Kimi Vallee and modeled by students Bella Lutz, Kimi Vallee, Victor Pereira, Brianna Keddy, Celia Cronin and Kathy Duong.

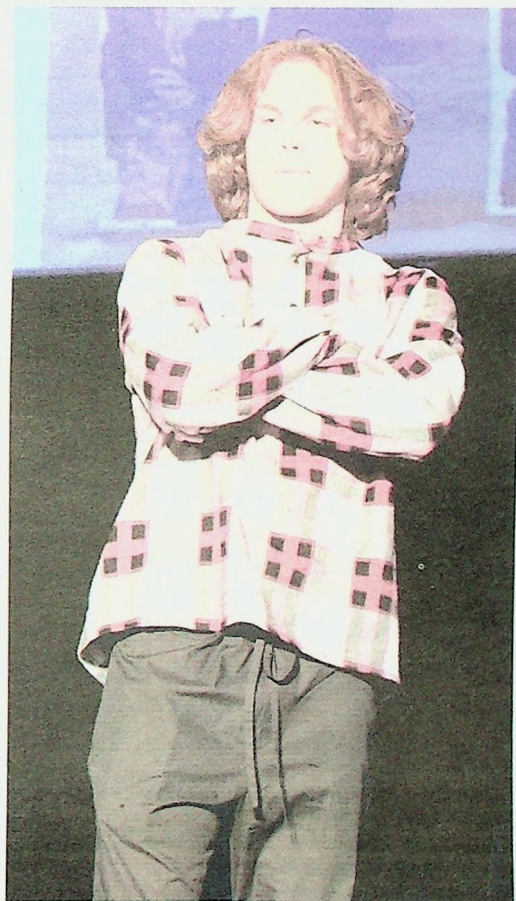
Quincy Sun Photos/Robert Bosworth



QUINCY HIGH SCHOOL students Jacey Ham (above) and Eric Lomanno (below) model fashions designed by student Jesse Zheng at the QHS Fashion Show held May 4 in the Lloyd Hill Performing Arts Center.



JUNIOR MAJOR COLLECTION designed by Quincy High School student Grace Cunniff and modeled by students Marta Aguiar-Perello, Sprite McGonagle, Meera Watkins, Grace Cunniff, Teddy Maher and Josh Velasquez.



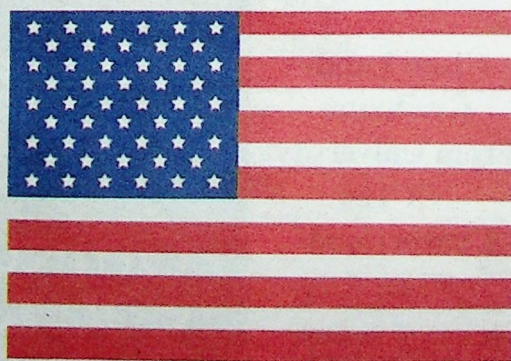
Parade, Fireworks To Celebrate Flag Day June 10

Mayor Thomas Koch announces the nation's longest-running Flag Day Parade will take place on Saturday, June 10th. The parade will step-off at 7 p.m. and be followed by a flag-raising ceremony at Pageant Field at 8:15 p.m. The night will culminate with fireworks over Black's Creek at approximately 9 p.m.

The parade will launch on Coddington Street by

Spear Street, head north up Hancock Street, turn onto Merrymount Parkway and wrap up at Vietnam Veterans Drive and Adams Field. This year's parade will feature 10 bands/drum corps, more than a dozen specialty units, public safety and veterans' color guards, floats, and more than 1,000 flag-waving youngsters.

Musical performers this year will include Windjam-



mer Dixieland Band, Boston Crusaders Sr. Drum Corps, Defenders Sr. Drum Corps, Branches Steel band, Uncle Sam's Patriotic Band, Northeast Italian Band, Quincy/North Quincy Marching Band, New Magnolia Jazz Band, Old Colony Bag Pipe Band, and the Roma Band.

The Flag Day Parade was started by Richard (Dick) Koch Sr. in 1952 when he

led a group of youngsters around Norfolk Downs and finished with a flag-raising at Cavanagh Stadium. The parade has grown significantly through the years and fireworks were added in the 1990s.

"There's no greater tradition in our city than the Flag Day Parade," said Mayor Tom Koch. "It is an incredible community celebration

Cont'd On Page 20

Quincy's Delia Nichol Scores 100th Career Lacrosse Goal

Quincy High School Senior Captain Delia Nichol scored her 100th career goal May 8th against East Bridgewater.

On Teacher Appreciation night, Nichol made the night extra special for the teachers they were there to honor. Entering the game needing four goals to reach 100, Delia scored her 97th goal in the first minute of the game. A few minutes later, she notched her second and her third—on an assist from sister Sienna Nichol—bringing Delia to 99 goals in her career.

Late in the first half, Sophomore Maddy Case broke out of a pack and maneuvered around a few defenders to find Delia on the right side of the net where she one-timed her shot to beat the East Bridgewater

goalie. The game was stopped briefly to allow Delia, her family and her teammates to celebrate an amazing milestone.

"Delia is a hardworking and dedicated athlete who earned every goal she scored," said Coach Kerry Monaco. "We're very proud of her and know she will do well at the next level. To her credit, Delia has always made the team and winning her top priority."

Delia scored her 100th career point earlier this season—making this the second year in a row a QHS lacrosse player has accomplished this feat (Maddy Bailey '22). Delia signed her letter of intent to play lacrosse at the University of Alabama-Huntsville earlier this year.

As for the game itself,



DELIA NICHOL celebrates her 100th career lacrosse with her Quincy High School girls' lacrosse teammates following the Presidents' 18-1 win over East Bridgewater May 8 at Veterans' Memorial Stadium. Front row (from left to right): Destiny Francis, Maddie Case, Ella Roche, Briana Sullivan, Mairead Folan, Maggie Potts, Taya Quinn, Brianna Keddy and Kelly Phu. Back row: Ciara Folan, Anna McPhillips, Caroline Campbell, Katie Stirling, Amira Aitsaid, Reese Smith, Delia Nichol, Alex Kane, Caroline Tracey, Sienna Nichol, Grace Connor, Lilli Catrambone, Sarah Kabay, Marissa Cakuli, Kaitlyn Sampson, Cate Demopolous and Grace McGillicuddy. *Courtesy Photo*

Quincy had all cylinders working. Tayah Quinn once again shined in goal and Case, Grace Connor (2), Grace McGillicuddy, Caroline Tracey (2), Briana Sullivan, Brianna Keddy, Ciara Folan, Sienna Nichol, Marissa Cakuli and Kaitlyn Sampson (first varsity goal)—all scored for the Presidents in a 18-1 victory.

The win extended QHS's win streak to five and the Presidents made it six straight with a 15-3 win over Pembroke May 10. They bowed to Scituate 10-7 May 10.

The Presidents (9-6) are one win away from qualifying for the MIAA State Tournament. They played NQ Tuesday.

Congratulations to Delia Nichol on a tremendous career accomplishment.

7 Quincy Students On Fontbonne Honor Roll

Seven students from Quincy are listed on the third quarter honor roll at Fontbonne Academy in Milton.

They are:
Head of School List
Grade 9: Emily Mbi Ojong.
Grade 10: Susan Leuchte.

First Honors
Grade 9: Madeline Chiu.
Grade 11: Roisin Burke, Ava Donaghue, Kalea Mon.
Second Honors
Grade 9: Dakota Colimon.

Ujwal Lande
Graduates
From University
Of The
Cumberlands

Ujwal Lande of Quincy recently graduated from University of the Cumberlands in Williamsburg, KY.

Flag Day Parade, Fireworks June 10

Cont'd From Page 19

of our flag and the values that it represents. It is the unofficial kick-off to summer and always the best day of the year. I am looking forward to seeing the thousands of people that join in the celebration that evening."

At Pageant Field, a 50-foot by 80-foot American flag will be raised over the crowd to the tune of "You're A Grand Old Flag." A ceremony recognizing the parade grand marshal and the Richard and Simone Koch Award winner will follow. Singer Dan Clark will entertain the audience with a medley of patriotic tunes.

The evening will culminate with a fireworks show over Black's Creek from Pyrotechnico Fireworks (formerly Atlas Fireworks); the same company that performs the July 4th show at the Esplanade.

"It's great to see so many new faces enjoying our city's traditions," Koch said. "This event represents the best of our community with so many local organizations, youth groups, and residents participating in the parade. I encourage everyone to come out and enjoy this wonderful event."

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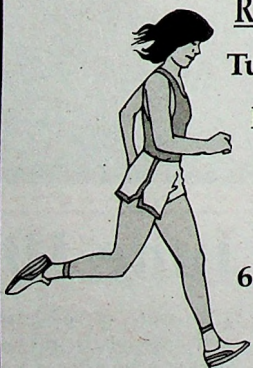
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6:00 to 8:00 PM

Program Begins
Monday, June 5



QUIRK FIELD HOUSE
AT FAXON FIELD

Corner of Russell Park & Southern Artery

Quincy Residency **NOT** Required

For Information Email:
quincytrackclub74@gmail.com

Round Ball Basketball Camp

Aug. 14th - 18th (Ages 7-12) at Atlantic Middle School

Aug. 21st - 25th (Ages 7-16) at North Quincy High School

9:00AM - 1:00PM • FOR BOYS & GIRLS

CAMP DIRECTORS:

Kevin Barrett:

- 18th Year Head Basketball Coach, NQHS
- Mass. Basketball Coaches Assoc. Coach of the Year, 2013 & 2014
- Phys. Ed. Teacher, Quincy Public Schools

Paul Beston:

- Quincy Youth Basketball Coach
- South Shore Youth Basketball Coach
- Member - Quincy High Hall of Fame
- Elementary Teacher - Quincy & Milton Public Schools

Camp Coaches have experience at the college, high school and youth levels.
Camp Counselors are current varsity members from both Boys & Girls Basketball teams.

For brochure, call or email:
Paul Beston 617-472-1962
bestonpaul@yahoo.com

WALK IN REGISTRATION AVAILABLE ON 1ST DAY OF CAMP
Kevin Barrett 781-985-0476
rkbarrett2002@yahoo.com
*Licensed by the Quincy Health Dept.



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Quincy-North Quincy Track And Field Results

QNG Girls 72 - Plymouth South 64; Plymouth South 90 - QNG Boys 46

First	Last	gen	SC	Event	Perf	Place/Scoring	comment
Sofija	Slezas	F	NQ	100m	13.1	1	
Lena	Waldron	F	R	100m	13.4	2	PR
Kimberly	Le	F	NQ	100m	13.5	3	
Maweza	Neves	F	Q	100m	14.3		PR
Yongqi(Erica)	Wu	F	NQ	100m	14.7		
Beatriz	Gonzalez	F	Q	100m	14.8		
Isabel	Egan	F	NQ	100m	15.4		
Mikilah	Aubrey	F	Q	100m	16.7		
Bassma	Torky	F	Q	100m	17.4		
Joyce	Lukelo	F	Q	100m Hurdles	18.6		
Mollie	Smith-Gaeta	F	Q	100m Hurdles	18.9		
Ava	Hamilton	F	NQ	100m Hurdles	19.1		PR
Sachi	Andrade	F	NQ	100m Hurdles	22.6		
Sofija	Slezas	F	NQ	200m	26.6	1	
Lena	Waldron	F	Q	200m	27.6	2	PR
Maweza	Neves	F	Q	200m	29.8		PR
Jiahin	Lin	F	NQ	200m	30.1		
Ciara	Golden	F	Q	200m	30.8		
Mollie	Nelson	F	NQ	2 Mile	13:37.9	1	
Maddy	McGillcuddy	F	NQ	400m	1:01.1	1	PR
Amelija	Slezas	F	NQ	400m	1:08.4		PR
Ciara	Golden	F	Q	400m	1:13.5		
Hannah	Moriarty	F	NQ	400m Hurdles	1:09.6	2	
Eliza	Henry	F	Q	400m Hurdles	1:09.9	3	PR School Record
Salma	Boukhtam	F	Q	800m	2:25.8	1	
Tiffany	Wang	F	NQ	800m	3:16.1		
Tabitha	Lee	F	NQ	800m	3:16.3		
4 x 400m	Relay	F	QNG	ASlezas, Coogan-Coyne, Boukhtam, McGillcuddy	4:21.7	1	
Bassma	Torky	F	Q	Discus	60'11"		PR
Lauren	Ebong	F	Q	Discus	68'02"	2	
Grace	McGough	F	NQ	Discus	81'00"	1	PR
Lillian	Nguyen	F	Q	High Jump	4'04"		
Alyssa	Hopps	F	Q	High Jump	4'08"	2T	
Mollie	Smith-Gaeta	F	Q	High Jump	4'08"	1	
Lena	Waldron	F	Q	High Jump	4'08"		
Angela	Chen	F	NQ	Javelin	??		
Mollie	Nelson	F	NQ	Javelin	67		
Brooklyn	Rizzo	F	NQ	Javelin	77	2	PR
4 x 100m	Relay	F	QNG	Le, Lin, Lukelo, Henry	54.4		
Paige	Grippi	F	NQ	Long Jump	11'07.5"	3	
Kathy	Duong	F	Q	Long Jump	12'06.5"	2	
Aluna	Coogan-Coyne	F	NQ	Mile	5:42.0	1	
Grace	Cody	F	NQ	Mile	6:25.8		
Mikilah	Aubrey	F	Q	Shotput	20'03"		PR
Brooklyn	Rizzo	F	NQ	Shotput	23'10"		
Lauren	Ebong	F	Q	Shotput	24'07"		PR
Bassma	Torky	F	Q	Shotput	25'11"		PR
Genesis	Anderson	F	Q	Shotput	26'01"		PR
Grace	McGough	F	NQ	Shotput	27'07"	2	PR
Eliza	Henry	F	Q	Triple Jump	31'02"	2	
Jacey	Ham	M	Q	100m	10.9	1	PR
Kendry	Duran	M	Q	100m	11.3	3	PR
Alex	Martinez	M	Q	100m	11.7		
Gabriel	Rodriguez	M	Q	100m	11.7		
Marques	Rodriguez-Smith	M	NQ	100m	11.7		
John	Gnakou	M	NQ	100m	11.9		PR
Anthony	Vo	M	NQ	100m	11.9		PR
William	Lanergan	M	Q	100m	12.1		PR
Gio	McKenzie	M	NQ	100m	12.1		
Thomas	Chan	M	NQ	100m	12.3		
Giovanni	Faulder	M	NQ	100m	12.3		

Zhenyu	Liang	M	NQ	100m	12.3		
Jeanior	Alexis	M	Q	100m	12.4		
Weldon	O'Rourke	M	NQ	100m	12.8		PR
Eddy	Liu	M	NQ	100m	13.0		
Grant	Fuller	M	Q	100m	13.1		
Max	Francouer	M	Q	100m	13.3		
Jayden	Francois	M	Q	110m Hurdles	15.7	1	PR State Q
Ibrahim	Yacouty	M	Q	110m Hurdles	17.7		PR
Jayden	Francois	M	Q	200m	23.5	2	
Andrew	Hodgdon	M	Q	200m	24.1		PR
John	Gnakou	M	NQ	200m	24.3		PR
William	Lanergan	M	Q	200m	25.6		PR
Alex	Stankov	M	NQ	200m	25.7		PR
Jeanior	Alexis	M	Q	200m	25.8		PR
Giovanni	Faulder	M	NQ	200m	25.9		
Taylin	Marquez	M	NQ	200m	27.7		
Oisin	Coogan-Coyne	M	NQ	400m	52.7	2	
Boubakar	Diallo	M	NQ	400m	53.8		PR
Trevor	Mangino	M	Q	400m	59.2		
Ibrahim	Yacouty	M	Q	400m Hurdles	1:07.9		
Jonathan	Zhu	M	NQ	400m Hurdles	1:12.7		PR
Patrick	Lee	M	Q	800m	2:15.7	2	PR
Liam	Murphy	M	Q	800m	2:24.7		
Dante	Nguyen	M	Q	800m	2:42.1		
Jeanior	Alexis	M	Q	Discus	108'00"	3	PR
Gabriel	Rodriguez	M	Q	Discus	123'08"	1	
4 x 100m	Relay	M	QNG	Duran, Rodriguez, Francois, Ham	45.1		
Jayden	Francois	M	Q	High Jump	5'02"		
Anthony	Vo	M	NQ	High Jump	5'06"	2	PR
Jacey	Ham	M	Q	High Jump	5'08"	1	
Kevin	Heim	M	Q	Javelin	106'10"		
Grant	Fuller	M	Q	Javelin	94'04"		PR
Thomas	Chan	M	NQ	Long Jump	12'09"		
Marques	Rodriguez-Smith	M	NQ	Long Jump	16'04.5"		
Giordano	McKenzie	M	NQ	Long Jump	18'01"		
Alex	Martinez	M	Q	Long Jump	20'02"	1	
Kyle	Clements	M	NQ	Mile	5:17.0		
Ryan	Altsaid	M	Q	Mile	5:20.2		PR
Nathan	Feldman	M	Q	Mile	5:39.8		
Nathan	Doyle	M	Q	Mile	5:43.8		
William	Lanergan	M	Q	Shotput	34'06"		PR
Jeanior	Alexis	M	Q	Shotput	38'00"	3	PR
Gabriel	Rodriguez	M	Q	Shotput	42'02"	2	PR
Jayden	Francois	M	Q	Triple Jump	39'02"	3	

MSTCA Coaches Invitational At Norton May 14

First	Last	gen	sch	Event	perf	place	competitors	comment
Kimberly	Le	F	NQ	100m	13.70	51	68	
Lena	Waldron	F	Q	200m	27.24	21	54	PR
Maddy	McGillcuddy	F	NQ	400m	1:00.30	5	31	PR Qualifies for Meet of Champions
Hannah	Moriarty	F	NQ	400m Hurdles	1:13.07	19	27	
Salma	Boukhtam	F	Q	Mile	5:08.29	3	25	PR Qualifies for Meet of Champions
Aluna	Coogan-Coyne	F	NQ	Mile	5:15.19	5	25	PR Qualifies for Meet of Champions
Kendry	Duran	M	Q	100m	11.72	32	51	
John	Gnakou	M	NQ	100m Freshman	12.03	9	34	
Giovanni	Faulder	M	NQ	100m Freshman	12.76	27	34	
Jayden	Francois	M	Q	110m Hurdles	15.27	5	35	PR Qualifies for Meet of Champions
Oisin	Coogan-Coyne	M	NQ	400m	54.78	39	59	
Boubakar	Diallo	M	NQ	400m	53.52	23	59	PR
Jayden	Francois	M	Q	Triple Jump	38'03.5"	27	28	

Top Six competitors in each event received medals. Meet of Champions replaces MIAA All-State

Merrimack Valley Credit Union Golf Tournament

Registration is open for Merrimack Valley Credit Union's (MVCU) 2023 Charity Golf Classic, presented by Synergent. The tournament will be held at Atkinson Resort & Country Club in Atkinson, N.H. on Monday, June 12.

This year's tournament features an all-inclusive entry fee that includes on-course contests, a raffle, beverages, food and more (silent auction not included). All golfers will have an opportunity to shoot a golf ball air cannon for a chance to win a tropical vacation.

Current sponsors of the tournament include Kasasa, CUNA Mutual Group / TruStage, Jeanne D'Arc Credit Union, Engageware, and the Greater Lawrence Family Health Center.

Proceeds from MVCU's Golf Classic will benefit a new financial literacy program that the credit union is developing in partnership with Banzai!, a national financial training organization that partners with credit unions around the country. This new program will sponsor financial education in schools in eastern Massachusetts while also offering the opportunity to share the program with community partners throughout the region.

Registration, lunch and the raffle will begin at noon, and the tournament will kick-off with a shotgun start at 1 p.m. Dinner and awards will begin at 6 p.m.

Those interested in participating in the event can sign up as an individual, as a foursome with three other golfers, or enjoy non-golf lunch and dinner packages. There are numerous sponsorship opportunities still available as well. More information can be found at mvcu.com/golf.

2 Residents Honored At Stonehill

Two students from Quincy were recently honored with Student Life Awards at Stonehill College.

They are: Eileen Durgin and Olivia Pham.

The awards recognize outstanding contributions to student life at Stonehill and to the communities surrounding the college.



DAVID RICHARDSON (left) and David Constantino (right), both of South Weymouth, share a moment on the podium after winning medals for their age categories at Interfaith Social Services' April 29 Stop the Stigma 5K. The annual 5K raises funds for Interfaith's New Directions Counseling Center.



ERICA MAKOWSKI, of Weymouth, heads into the finish line at Interfaith Social Services' April 29 Stop the Stigma 5K in North Quincy.

Photos Courtesy Katelyn Fay for Interfaith Social Services



GUSTY SAINTICHE, of Quincy, proudly wears a shirt promoting the mission of Interfaith Social Services' Stop the Stigma 5K as she approaches the finish line in the April 29 event.

ISS 5K Raises Over \$120,000 For Counseling Center

A record number of runners and walkers joined Interfaith Social Services' 49th annual Stop the Stigma 5K raising funds and awareness for mental health and addiction care. More than 700 participants took part in the April 29 event in North Quincy, raising over \$120,000. Event proceeds fund counseling sessions for those in need at Interfaith's New Directions Counseling Center.

New Directions serves anyone seeking counseling but prides itself on being a safety net for the uninsured and underinsured members of the community by offering services on a sliding scale fee system. To further break down barriers to receiving treatment, new clients to the New Directions Counseling Center receive their first four sessions free of charge.

Many 5K participants share a strong tie to the event's "Stop the Stigma" mission; some told their stories anonymously in a post-race survey. "My fam-

ily, like so many others, has been impacted by mental illness," said one participant. "We are in the fortunate position of having insurance and a support system, but no one should be denied access to mental health. I am grateful for the essential mental health services Interfaith provides to anyone who needs them."

"I ran this race in honor of a dear friend who battled mental illness," said another participant. "The mission to eliminate barriers from receiving services is life-saving work. I am proud to support this cause in my friend's memory."

This year's race participants were invited to sign a poster sharing who they were running or walking for that day. They were also treated to bagels and refreshments courtesy of Gold Medal Bakery and Polar Beverages, physical therapy screenings from Joint Ventures Physical Therapy and photos opportunities with Pat the Patriot.

Valdir Deolirelra of

Quincy was the fastest male, with a finish time of 18:11. Molly Dempsey of Quincy earned the fastest female title, with a finish time of 20:55. Gia Plaskasovitis of Quincy earned the fastest youth title in the newly added age 15 and under category with a time of 21:07.

The 2023 Stop the Stigma 5K is sponsored by many generous local businesses, including 5K Level Sponsors Arbella Insurance Foundation and The Heritage Companies; Gold Level Sponsors Beth Israel Deaconess Hospital - Milton, Colonial Federal Savings Bank, Gather Health Primary Care, J. Calnan & Associates, New England Medical Group, South Shore Bank and Summit Energy; and Silver Level Sponsors Bank of Canton, Blue Cross Blue Shield of Massachusetts, First Congregational Church UCC of Randolph, FoxRock Properties, IntelyCare, Keohane Funeral Home, Law Offices of William T. Kennedy, P.C., Lawson & Weitzen, LLP,

Lombardo's Hospitality Group, McGovern Automotive Group, Point32Health, SIGNET Electronic Systems, South Shore Health and United Healthcare.

Interfaith Social Services provides South Shore residents with the resources necessary to support a

healthy and fulfilling life. Their programs include one of the largest emergency food programs in Greater Boston as well as a mental health counseling center, homelessness prevention program, the Bureau Drawer Thrift Shop and seasonal initiatives bringing joy to

children and families in need.

Next year's 50th annual Stop the Stigma 5K will take place on Saturday, April 27, 2024, in North Quincy.

To find out more about Interfaith's programs, visit InterfaithSocialServices.org.



ADRIAN TANG, of Quincy, makes his way through a line of high fives at the finish line of Interfaith Social Services' April 29 Stop the Stigma 5K in North Quincy.



VALDIR DEOLIRELRA, of Quincy, was the fastest finisher of Interfaith Social Services' April 29 Stop the Stigma 5K in North Quincy with a time of 18:11.



MEMBERS OF TEAM ARBELLA posed for a photo at Interfaith Social Services' April 29 Stop the Stigma 5K. Arbella Insurance Foundation was a headlining sponsor of the event and dozens of Arbella employees took part in the 5K.

17 Residents Have Pulled Nomination Papers

By SCOTT JACKSON

Seventeen residents had taken out nomination papers to run for office in this year's municipal election as of Tuesday morning, setting up potential races for a pair of seats on the City Council, for School Committee, and for mayor.

As of 11 a.m. on Tuesday, the most recent person to pull nomination papers was Daniel Minton of Sims Road. The retired Quincy Police lieutenant took out papers to run for the Ward 5 seat on the City Council being vacated by incumbent Charles Phelan Jr. Minton is the second resident to take out papers to run for that seat, joining Richard Iacobucci of Adams Street.

The fall ballot may also include a race for the Ward 2 City Council seat. The in-

cumbent, Anthony Andronico of Nicholl Street, and challenger Richard Ash of Mound Street have pulled papers to run for that seat.

The remaining four incumbent ward councillors – Ward 1 Councillor David McCarthy of Whitney Road, Ward 3 Councillor Ian Cain of Forbes Hill Road, Ward 4 Councillor James Devine of Cross Street and Ward 6 Councillor William Harris of Ashworth Road – have all taken out nomination papers to run for reelection. None had a challenger as of Tuesday morning.

Just one of the city's three incumbent at-large councillors – Noel DiBona of Chickatabot Road – had taken out nomination papers as of early Tuesday. Fellow incumbents Nina Liang and Anne Mahoney had yet to

do so.

City councillors are elected to two-year terms.

Six residents have pulled papers to run for School Committee.

They include all three incumbents whose seats will be contested this year – Paul Bregoli of Willow Avenue, Kathryn Hubley of Marion Street, and Frank Santoro of Lois Terrace – as well as challengers Kathryn Campbell of Cranch Street, Courtney Perdios of Ruggles Street and Liberty Schaaf of Howe Street. Perdios had been appointed to an open seat on the committee in 2021 and finished fourth in that year's municipal election. Schaaf also ran in 2021, finishing in fifth place.

School Committee members serve staggered four-

year terms, meaning three seats are on the ballot every two years.

A preliminary election would be required in the School Committee race if seven candidates qualify for the ballot. That preliminary election, and any others, would be held on Aug. 29 and the final election is slated for Nov. 7.

A potential race is also shaping up for mayor between incumbent Thomas Koch of Newbury Avenue and challenger James Maloney of East Squantum Street. Koch was first elected in 2007 and is the longest-serving chief executive in city history.

Nomination papers have been available since May 2. The deadline to return them to the Board of Registrars is 5 p.m. on July 11 and certi-

fied nomination papers, including a statement of candidacy, must be submitted to the city clerk by 5 p.m. on July 25. The deadline for objections to or withdrawals of nomination papers is 5 p.m. on July 27.

The signatures of 50 registered voters are required to run for each office in a municipal election. Residents seeking one of the six ward councillor seats must obtain the signatures from within their ward.

Quincycles Celebrates Bay State Bike Month

May is Bay State Bike Month and Quincycles has planned events to celebrate the growth of bicycling in Quincy.

The Annual Quincy Rides the Spine event, co-hosted with the Bicycle Commission, will take place on Saturday, May 20 from 8:30 to 11:30 a.m. The Quincy Community Police Unit will escort the ride along Hancock and Washington Streets connecting the Neponset Bridge to the Fore River Bridge -- the Spine Route of the Quincy Bicycle and Pedestrian Network Plan.

Join the group for a 5- or 10-mile ride to celebrate the growth of bicycling in Quincy. Registration for this free event begins at 8:30 a.m. at the Quincy Recreation Department, 1 Merrymount Parkway with the ride kicking off at 9 a.m. Enjoy refreshments from Dunkin' Donuts, a free raffle of prizes donated by local bike shops, and pre-ride bike checks by the Bicycle Link of Weymouth.

Have MBTA slowdowns made your commute longer? Take back control of your time by trying bike commuting. Join Quincycles' annual convoy to Boston's Bike to Work Festival in Downtown Crossing on Friday, May 19. The Quincy convoy will depart Hancock Adams Common at 6:50 a.m. with additional meeting points on the route. Route details and registration information can be found on the group's website, Quincycles.org.

On the last Saturday of the month, May 29, the group will be hosting a Biking Basics Class followed by a neighborhood ride. This month the topic will be the basics of maintaining your brakes.

This event starts at the Wollaston School parking lot at 9: a.m. and includes a low-stress ride to Wollaston Beach and East Milton. Come learn about your bike and enjoy a relaxed ride and social gathering after.

Throughout the spring and summer, the groups hosts a weekly ride on Monday evenings starting at 6 p.m. from the Coddington Building, 34 Coddington St. The 15-20-mile routes for these rides will alternate between relaxed flat routes and challenging rides climbing Quincy hills. Lights are required and reflective gear is recommended for these evening rides.

Quincycles is a group of Quincy residents advocating for bicycle infrastructure on our city streets and promoting responsible bicycling as a means of transportation, recreation, and exercise in Quincy. More information about the group and these events can be found on their website at www.Quincycles.org or by email quincycles@gmail.com.

Koch Proposes \$405.78M FY24 Budget

Cont'd From Page 13

while other communities have been asking residents to approve Proposition 2 ½ overrides.

"Hingham was the latest," he said. "They were looking for a 2 ½ override just on an operational bud-

get."

Following the mayor's presentation, Ward 1 Councillor David McCarthy said the proposed budget for the new fiscal year was solid and "full of positives."

"When you go through this 2024 budget presenta-

tion, it's full of positives, which I think the residents realize when they ride around the city and look at the parks, look at the buildings, the cemeteries," McCarthy said.

In addition to the general fund budget, the mayor also presented the water and

sewer enterprise budgets, which are funded by rate-payers and not taxpayers. Koch is proposing to increase the water department budget from \$22.69 million in FY23 to \$22.78 million in FY24, and the sewer budget from \$27.8 million to \$29.22 million.

NQ Boys' Volleyball Sweeps Quincy

By TOM JOYCE

The North Quincy High boys' volleyball team got the better of its in-city rival last week.

The Raiders hosted the Quincy Presidents May 10, and kept their momentum going in the match. The Raiders defeated the Presidents, 3-0. The Raiders improved to 13-1 on the season with the win; as of the start of this week, the Raiders were on a seven-game winning streak. With the loss, the Presidents fell to 8-8.

While the Raiders took the first set, they trailed by a point early. Adam Bonica had a strong hit that got the Presidents a point, giving them a 4-3 edge early in the first set. However, the Raiders recovered; they had a 7-0 run. Cameron Johnston shined during this stretch, getting the Raiders five of their seven points. He had four aces while serving and a kill before those aces. Additionally, the Raiders had a block, and the Presidents had a hitting error during that stretch.

The Raiders not only protected their lead as the set progressed, but they also expanded it. A kill from Liam Bailey and a block from Bailey and Anthony Chiu gave the team a nine-point edge, 18-9. Ultimately, the Raiders won the set, 25-13; they finished it on a 3-0 run.

Chiu had a kill and an ace, and the final point came on a Presidents hitting error.

The Raiders also pulled away in the second set, eventually winning it 25-17.

The Raiders had a 7-1 scoring run during the set that helped make the difference.

Bobby Lin shined while serving; he had three straight aces that gave the Raiders an 11-8 edge. A serving error gave the Presidents the ball back, but then the Raiders scored four straight points. Dylan Clifford had a kill and block, the Presidents committed a hitting error, and a kill from Ben Walinjom put the team up by six points. Later on, the Raiders capped off the set with a kill from Lin and an ace from Chiu.

The Raiders were also sharp in the third set. They took a 12-point lead 18-6, following kills from Chiu and Bailey. Bonica had a couple of points late in the set for the Presidents, and the team got a couple more points thanks to errors against the Raiders. However, they were unable to make a comeback in this one. The Raiders won the set 25-13, finishing it on a 3-0 run.

This marked the second time these two teams played each other this season. They also faced one another on April 12; the Raiders also

won that one 3-0.

The Presidents have a young team this season with just two seniors.

The roster for the Presidents this season includes: senior outside hitter Christian Las, sophomore defensive specialist Devin Rong, sophomore middle hitter/ outside hitter Gabriel Gentil Doria, freshman outside hitter Jake Basan, sophomore middle hitter Josue Silva, senior middle hitter Theo Porter, junior outside hitter/middle hitter Adam Bonica, junior outside hitter/defensive specialist Robin Roldan, junior setter/defensive specialist Victor Pereira, sophomore setter Justin Dinh, junior defensive specialist Devin Stewart, junior setter/right side hitter Dylan Vo, junior setter/right side hitter Henry Tran. The team's head coach is Jacqui Niosi.

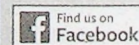
The Raiders have an experienced team this season, with eight seniors.

The roster for the Raiders includes: senior Gavin Yu, senior Nicholas Tang, junior Xuan Chen, senior Hao Lin, junior Anthony Chiu, senior Jason Li, senior Liam Bailey, sophomore Eugene Foong, junior Ben Walinjom, junior Justin Liu, senior Nate Caldwell, senior Dylan Clifford, junior Cameron John-

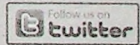
ston, and junior Raymond Lin. The team's head coach is Megan Johnston.

The next game for the Presidents will take place Friday, May 19, on the road against the New Bedford Whalers (5:15 p.m.); and the next contest for Raiders will take place Thursday, May 18, on the road against Greater New Bedford Vot-Tech (5:15 p.m. start time).

Quincy Access Television
88 Washington Street
Quincy, MA 02169



www.qatv.org
617-376-1440
617-376-1441



Public Access Channel 8

Thursday, May 18
12:30pm: Q vs NQ Boys Volleyball 5/10
5:00pm: AM Quincy: Mayor Thomas Koch

Friday, May 19
7:00am-9:10am: LIVE: AM Quincy w/Joe Catalano
11:00am: LIVE: Quincy College Commencement

Saturday, May 20
4:00pm: NQ vs Q Girls Lacrosse 5/16
8:00pm: Quincy vs North Quincy Baseball 5/17

Sunday, May 21
11:30am: Quincy Point Cong Good News
8:00pm: Quincy College Commencement

Monday, May 22
7:00am-9:00am: LIVE: AM Quincy w/Joe Catalano
11:30am: LIVE: Quincy College Commencement

Tuesday, May 23
7:30pm: One Story From the Crowd
8:00pm: NQ vs Q Softball 5/17

Wednesday, May 24
5:00pm: Talking Bulletin Board
7:00pm: The Call

Government Access Channel 9

Thursday May 18
4:00pm: Board of License Commissioners 5/9
5:00pm: Zoning Board of Appeals 5/9

Friday May 19
8:00pm: In Your Neighborhood: Anthony Andronico

Saturday/Sunday, April 20/21
10:00am: Good Deeds: Quarterly Update
11:00am: Health Links: Aging Strong
12:00pm: Quincy City Council incl. Public Hearing 5/15
4:00pm: Law Day 2023: Honoring Francis X. Bellotti
5:00pm: In Your Neighborhood: Anthony Andronico
6:30pm: For Your Health: Seasonal Allergies
10:00pm: Board of License Commissioners 5/9
11:00pm: Zoning Board of Appeals 5/9

Monday May 22
6:30pm: LIVE: City Council Fin, Pub Hear FY'24 Budget

Tuesday May 23
4:00pm: Board of License Commissioners 5/9
6:00pm: Zoning Board of Appeals 5/9

Wednesday May 24
6:00pm: In the Know: Lead Abatement Program
7:00pm: City Council Finance: Public Hearing FY' 24

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org



THE MASSACHUSETTS DEPARTMENT of Environmental Protection's Drinking Water Program recently recognized the City of Quincy Water Department for its outstanding performance in 2022. The city's system achieved one of the top scores in the Consecutive System Category of the 2023 Public Water Systems Awards Program. The awards luncheon was held at the State House in Boston. State Sen. John Keenan presented a Commonwealth of Massachusetts Senate Citation Official Citation. From left to right: City of Quincy's Chris Newton, Shaun Brennon and Mark Vialpando accept the award from Sen. Keenan.

Courtesy Photo

Dorothy Quincy Homestead 'Musick's Recreation' Saturday

Dorothy Quincy Homestead historic site, located at 34 Butler Rd., Quincy, will be open Saturday, May 20 from 3 to 4 p.m. for "Musick's Recreation: At-Home Viol Playing in 17th and 18th Century Massachusetts."

Building on the music and information presented in the short video, "Home Is Where the Music Is," (filmed at the Quincy Homestead) this program focuses on a few documented viol players in colonial MA as well as viol players who were left out of historical records. The program connects what can be inferred about their varied musical experiences

to English repertoire published by John Playford for voice with bass viol accompaniment and for solo viol that was likely present in 17th and early 18th century MA. Experience the music of

Henry Purcell and his contemporaries recontextualized, and help celebrate all kinds of local historic music-making: the silly, the serious, and everything in between.

Tickets are \$15 per person.

To purchase tickets and RSVP visit:

<https://nscdama.org/event/lyracle/>.

Can't purchase tickets online?

Mail a check to 55 Beacon St., Boston, MA 02108 with the name of each attendee.

Lyracle is an early music chamber ensemble whose mission is to illuminate shared humanity across centuries through historically informed performances that explore the art of accompanying the voice with the viol and tell the stories of historic practitioners of this art. Founded in 2018, Lyracle is proud to launch its own self-produced concert series in Greater Boston in the 2022-2023 season.

Mobius At Eustis Multidisciplinary Art Series

Historic New England and Mobius Artist Group present the Mobius at Eustis Multidisciplinary Art Series.

Artists, individually or in small groups, will present unique performance, movement, and mixed media works inspired by the Eustis Estate and landscape (1424 Canton Ave., Milton).

Dates are Saturday, May 20, June 25 and Sept. 17. Performing on Saturday, May 20 from 2 to 4 p.m. are mixedmedium artist Margaret Bellafiore, movement artist Sara June, and performance artist Sandy Huckleberry. Wine and cheese will

be available on the Eustis Estate terrace.

Mobius Artist Group is a Boston-based artists' collective committed to creating original, experimental work in all media. Since 1975 they have been a regional and transnational laboratory for supporting and building relationships among fellow artists. Mobius is recognized as one of the seminal alternative artist-run organizations in the US and has presented work involving thousands of artists over the past 40 years. Works created by their members have been presented throughout North

and South America, Europe, the Middle East, and Asia. Several notable exchanges with artists from Ireland and the UK, Croatia, Macedonia, Poland, and Taiwan have focused on public sites as incubators for discourse.

Tickets are \$15 for adults and \$10 for students. Performances will take place across the Eustis Estate grounds so it's advised to wear appropriate footwear. To purchase tickets visit <https://my.historicnewengland.org/18691/mobius-at-eustis-may>.

Call (617) 994-6600 for more information.

Neponset Day Festival June 3

The Neponset River Watershed Association (NepRWA) is sponsoring a Neponset Day festival on Saturday, June 3 from 9 a.m. to 1 p.m. at DCR Neponset II Park in Dorchester.

This free, public, family-friendly event takes place at DCR Neponset II Park in

Dorchester at the corner of Hilltop Street and Granite Avenue. Activities include free boating with Paddle Boston, kids' crafts and games, music, food trucks, environmental exhibits, and more.

"Neponset Day celebrates our diverse communi-

ties and the beautiful natural habitats and wildlife along the Neponset River," said NepRWA Greenways Director Andres Ripley. "This event gives residents an opportunity to learn about the River, enjoy the waterfront park and Greenway Trail — and even try a free paddle



DENISE HAJJAR'S EXPANDED BOUTIQUE on the boardwalk at Marina Bay was recently celebrated with a ribbon cutting ceremony. Denise and her husband run two shops on the boardwalk — Denise Hajjar Marina Bay, Marina Bay Living and a third one coming soon Terre D'Italia, which will sell imported Italian delicacies from the Puglia region of Italy. From left to right: Hani El-Shurafa (Marina Bay Market), Jay Southwood (Break Rock Brewery), Kate Raimondi (The Gifted Heart), Mayor Thomas Koch, Denise Hajjar, Mario Casamassima, Donato Frattaroli (Victory Point & Donato's Gelato) and Tim Cahill (Quincy Chamber of Commerce).

Courtesy Photo

Bill Dunn Jr. Memorial Road Race June 24

The Bill Dunn Jr. Memorial Road Race will be held Saturday, June 24 in Houghs Neck.

The event is a great time for friends and family of Bill Dunn Jr. to gather in honor of his life and share memories with each other. This is the 15th year the road race is being held, and each year the participation and support is remarkable.

Registration for the event is from 7 to 8:30 a.m. at the St. Thomas Aquinas Hall on Darrow Street. Those interested can participate in

a five-mile run or two-mile walk beginning at 9 a.m.

Cash prizes will be awarded for first place male/female runner and first place Houghs Neck resident male/female runner. Awards given to first, second and third place runners in each age group. The first 300 people to register will receive a free race T-shirt.

Proceeds from the event benefit the Bill Dunn Jr. Memorial Scholarship which has provided scholarships to Quincy High students, donations to Children's Hospi-

tal, youth football and other local organizations.

The registration fee is \$40 for runners and \$25 for walkers until June 17th, then the fee is \$45 to run and \$30 to walk until sold out; children walking are free. Registration forms are available online at rememberb.com and can be mailed to Bill Dunn Jr. Memorial Road Race, 105 Edgewater Dr., Quincy, MA 02169. Participants can also register online at racewire.com.

For more information, contact Margaret Dunn at 617-471-9075.

AAA: MA Gasoline Prices Down Two Cents

The average gas price in Massachusetts is down 2 cents from last week (\$3.46), averaging \$3.44 per gallon. Monday's price is 5 cents higher than a month ago (\$3.39), and \$1.14 lower than May 15, 2022 (\$4.58). Massachusetts' average gas price is 9 cents lower than the national average.

The national average for a gallon of gas drifted lower by four cents since last week to \$3.53. The lackluster movement can be attributed to higher demand for gasoline but a lower cost for oil canceling each other out.

"Increasing demand for gasoline would usually drive pump prices higher," said Mary Maguire, AAA Northeast Vice President of

Public and Government Affairs, "but the cost for oil has remained low lately, so drivers should benefit from stable pump prices as Memorial Day draws near."

AAA Northeast's May 15 survey of fuel prices found

the current national average to be the same as last week, averaging \$3.53 a gallon. Monday's national average price is 13 cents lower than a month ago (\$3.66), and is 94 cents lower than this day last year (\$4.47).

Events at Temple Beth Sholom 600 Nantasket Ave., Hull

Friday, May 19 at 7 p.m.

Kabbalat Shabbat, and Evening Services followed by Oneg

Asnes Chapel with Zoom available.

Saturday, May 20 at 9:30 a.m.

Shabbat Morning service followed by Kiddush Boyer Auditorium with Zoom available.

Wednesday, May 24 at 6:45 p.m.

Adult Ed:

6:45 p.m. Ma'Ariv Service followed by Adult Education Asnes Chapel with Zoom available.

Save The Date:

Thursday, May 25 at 7 p.m. Shavuot: An Evening of Learning.

Please join us for an evening of fun, learning, song! We'll be serving cheesecake and ice cream!

Boyer Auditorium with Zoom available.

Tuesday, May 30: Jewish Heritage Night at Fenway Park.

Celebrate Jewish American Heritage Month by rooting for the Red Sox. A blue jersey with Red Sox written in Hebrew letters is included with the ticket price of \$30. There are only a few tickets left. Contact the Office or Karen at tshullprogramming@gmail.com.

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and Nicole

Welcome to our world
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We all love you.

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For a more detailed description of the job responsibilities, please inquire: paul.kelly@quincycatholicacademy.org

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INDEX

- ☐ Services
- ☐ For Sale
- ☐ Autos
- ☐ Boats
- ☐ For Rent
- ☐ Wanted
- ☐ Help Wanted
- ☐ Work Wanted
- ☐ Pets
- ☐ Lost & Found
- ☐ Real Estate
- ☐ Antiques
- ☐ Flea Markets
- ☐ Yard Sales
- ☐ Instruction
- ☐ Day Care
- ☐ Personal
- ☐ Miscellaneous

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OBITUARIES

Evelyn A. 'Dolly' Volpe, 85

Evelyn Ann "Dolly" (Bell) Volpe, of Quincy, formerly of South Boston, died peacefully into heaven, at her home on Monday, May 8, 2023, surrounded by her family and friends. She was 85.

Evelyn was born in South Boston on Feb. 5, 1938, and was the daughter of the late Everett and Ruth (Snow) Volpe. She was raised in South Boston and attended local schools. Evelyn was a homemaker and also worked as a baker at the local Stop and Shop Supermarket.

Evelyn enjoyed cooking, hosting holiday dinners for family, shopping, knitting, and spending time with her family. She was a wonderful, caring woman with a great sense of humor. Evelyn was loved by all and will be missed by everyone who knew her.

Evelyn was the beloved wife of the late Giuseppe "Joseph" Volpe, who died in 2006. The two married on Nov. 29, 1958, in Saints Peter and Paul Parish in South Boston. Together they shared 48 loving years of marriage. She was the amazing and devoted mother of Corinne Volpe and Lisa M. Volpe, both of Quincy, and the cherished nana of Ryan Joseph Lynch of Quincy. Evelyn was the dear sister of Dorothy Conley and her late husband Paul of Holbrook, Karen Lynch and her husband Walter of Venice, Florida, Douglas Bell and his wife Donna of Dorchester, and Thomas Bell of Nevada. She was preceded in death by her siblings Alan



EVELYN A. 'DOLLY' VOLPE

Bell, Geraldine Bell, Everett Bell Jr., Cynthia O'Brien and her surviving husband Billy of New Hampshire, Jeanette Murphy and her late husband Paul, Priscilla LeBlanc and her surviving husband Richard of Quincy, Robert Bell, Gerald Bell and his surviving wife Karen of California, and Patricia DeMarco and her late husband Robert. Evelyn was the adored daughter-in-law of the late Aquilino and Rosa Chiarina (Ventresca) Volpe. She is also survived by many loving nieces, nephews, extended family and friends.

Evelyn's funeral services will be held privately.

She will be entombed privately in Holy Cross Mausoleum, Malden.

In lieu of flowers, memorial contributions may be sent in Evelyn's name to the United States Marine Toys for Tots by visiting: https://www.toysfortots.org/donate/forms/simple/Default.aspx?sl_tc=homepage or Tunnel to Towers Foundation by visiting: <https://t2t.org/donate/>.

See www.Keohane.com for online condolences.

Ann L. Pierce, 89

Ann L. (Ahonen) Pierce of Quincy, formerly of Weymouth, Pocasset, Buzzards Bay, and Woods Hole died peacefully on Sunday, April 23, 2023, at the age of eighty-nine, with her granddaughter, Nicole and great grand-daughter, Mavis at her side.

Ann was born on Aug. 26, 1933, in Wareham, MA, to the late Vaino and Hazel (Bumpus) Ahonen. She grew up in Quincy and lived on Broady Avenue. She graduated from Quincy High School in 1952. After that, she married the love of her life, Samuel F. Pierce. She spent much of her life on Cape Cod. After her husband passed away from MS, she relocated back to her hometown of Quincy enjoying the company of her dear high school friend, Joan Richardi.

Ann had several careers during her life, among those were, a bank teller; working at Baker's 5 & Dime in Buzzard's Bay; and a manager for "Fashion Barn" in Yarmouth. But the major focus of her life was her beloved children, grandchildren, great grandchildren and great-great grandchildren, whom she loved and adored.

Loving mother of Janet Butler of New Bedford and Samuel F. Pierce, Jr. of Weymouth. Her daughter Karen Pierce, pre-deceased her in 2006. Beloved grandchildren: Nicole Augustine, of Elsipogtog, First Nation, New Brunswick Canada, Heather Gonzalez and husband Andy of Worcester, Tiffany Rose of Manchester NH, Keisha Rose, of Everett, and Fawn Pierce of Liberty,



ANN L. PIERCE

NC. Cherished great-grandchildren: Venom and Elliot Joseph, Tamara Joseph, Samuel Augustine, Neveah Tomah, Mavis Augustine, of Elsipogtog, New Brunswick, Canada, Owen Canedy and Ethan Canedy of Liberty North Carolina, William Edward Thatcher, Jr. and Timothy, Jenna Rose and Aaliyah Rose of Manchester NH, Nizayah Guzman, Drea'lanii Hubbard and Ja'nylah Hubbard of Everett. Beloved great-great-grandchild, Kaleb Venom Guitard.

Ann was the dear sister of Nancy Ahonen of Quincy, the late Aina (Ahonen) Luker and the late Mary (Ahonen) Rouark. She is also survived by many nieces, nephews, extended family, and friends.

In lieu of flowers, donations in memory of Ann may be made to The Shriner's Hospital for Children. The link to that site is: DonateToShrinersHospitalsForChildren@lovetotherescue.org.

There will be a Celebration of Life service on Saturday, June 3, 2023, at 1:00 p.m. in the Quincy Community United Methodist Church, 40 Beale St., Quincy, MA 02170.

For more information and for on-line condolences, please visit HamelLydon.com.

Joseph F. Flynn, Sr., 92

Joseph F. Flynn, Sr. 92, of Squantum, MA sadly passed away on May 10, 2023 at his home surrounded by loving members of his family.

Visiting hours were held on Tuesday, May 16, 2023 at Keohane Funeral Home, 785 Hancock Street, Quincy, MA 02170. A celebration of life service will be held on Wednesday, May 17th at 9:15 in the funeral home followed by a Funeral Mass at 10 a.m. in St. Ann's Church, Quincy, MA. The burial will follow soon after at Bourne National Cemetery, Barnstable County, Bourne, MA.

Joe Sr. was born to Thomas Martin and Mabel Flynn, on July 15, 1930 in Brockton, MA. He graduated from Somerville High School in 1948 and also attended Northeastern University. He was predeceased by his devoted wife Anne V. Flynn in 2006. He remarried Mary (Chiampa) in 2011 from Squantum, MA. Joe was a proud US veteran and served his country during the Korean war conflict. During most of his professional career, he was an accomplished, dedicated and hardworking advertising executive in Boston. Early in his career, he was employed by the Boston Record American Newspaper. Joe loved Cape Cod and enjoyed summer cookouts and spending time with his family and friends at his second home. He was a proud grandfather and completely dedicated to his children and grandchildren. He especially relished in attending their athletic sporting events and activities. He was a devout catholic and an avid reader. During his retirement years, he spent time volunteering at the Squantum Senior



JOSEPH F. FLYNN, SR.

Center in Quincy, Cape Cod Healthcare and Beth Israel Deaconess Hospital in Milton. He had a fantastic sense of humor, was a master of one liners and a huge Boston sports fan. Joe knew the importance of humility, lived a purposeful life and impacted so many.

Joe is survived by his wife Mary of Squantum, MA, Sons: Thomas Flynn and his wife Maryanne of Bonita Beach, FL, John Flynn and his wife Susan of Bel Air, MD, Joseph Flynn, Jr. and his wife Erin of Osterville, MA, Robert Flynn and his wife Patricia of Orlando, FL. His daughters Joanne Leuchte and her husband Richard of Hampton, NH, the late Janet McCaughin and husband David of Quincy, MA and Joyce Leahy and husband Patrick of Hingham, MA. Brother of the late Thomas and Francis Flynn, Mary Murphy McKenzie, Rita Todd and Kay Farrell. He was predeceased by one granddaughter Devin McCaughin of Quincy. He also leaves 17 grandchildren and 19 great grandchildren that will miss him dearly.

In lieu of flowers, donations in memory of Joseph may be made to Alzheimers Assn., MA Chapter, 309 Waverley Oaks Rd., Waltham, MA 02452. See www.Keohane.com for directions and online condolences

IN MEMORIAM

In Loving Memory of

Edward J. Pasquale

Fourth Anniversary

5/16/2019 ~ 5/16/2023



You are always in my heart,
even though we're far apart.
I love you more than yesterday
and less than tomorrow.

All my love forever, Cindy

NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun.

Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.



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Not a single moment passes when
You are not missed by us all.
You will always live in our hearts,
shining down and guiding us to be kind.

-Nicky Marsney, Kids
& Grandchildren



**PLEASE RECYCLE
THIS NEWSPAPER**

OBITUARIES

Pamela S. Sawyer, 79

Pamela S. Sawyer, age 79, of Braintree, formerly of Quincy, died peacefully, Wednesday, May 10, 2023 at AccentCare Inpatient Hospice Center in Milton, in the comfort of her loving family.

Pamela was born in Boston, to the late Chester R. and Betty (Robinson) Sawyer. Raised and educated in Quincy, she was a graduate of North Quincy High School, Class of 1961. She earned an Associate's degree in Criminal Justice from Quincy Junior College and a Bachelor's degree in Sociology from the University of Massachusetts Boston.

Pam owned and operated her own daycare in Quincy for many years and was lovingly known as "Nana Pam" to her daycare families. Prior to that, she was employed as an administrative assistant at the Faulkner Hospital and Children's Hospital.

Pam was an active member of the Quincy Point Congregational Church, and a former longtime member of Bethany Congregational



PAMELA S. SAWYER

Church in Quincy.

She was an avid fan of the Boston sports teams. An active woman, she enjoyed tap dancing and Zumba in her later years. She was also very social and enjoyed spending time with friends.

Pam's passion in life was her family. She especially enjoyed attending her grandchildren's sporting events.

Devoted mother of Danielle E. Palmariello and her husband Anthony of Ipswich, Allison K. Cayer and her husband Shawn of Quincy, and the late Brian E. Spring.

Loving grandmother of

Brianna Mogan, Lauren Palmariello, Ryan Kelson, and Charlie Kelson. Step grandmother of Shawn, Patrick, Andrew, and Matthew Cayer, Domenic and Christian Palmariello. Cherished great grandmother of Wyatt Mogan.

Dear sister of Victoria Smith of Quincy.

Pam is also survived by several nieces and nephews.

Visiting hours were held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Tuesday, May 16, from 4 - 7 p.m. Funeral Services will be conducted at the funeral home on Wednesday, May 17, at 10 a.m. Reverend Kimberly J. Murphy, Pastor of Quincy Point Congregational Church, will officiate. Interment to follow at Blue Hill Cemetery, Braintree.

For those who wish, donations in Pamela's memory may be made to St. Jude Children's Research Hospital, 501 St. Jude Pl., Memphis, TN 38105.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Jane Raymond, 70

Jane E. (Johnson) Raymond, 70, of Quincy, died May 10, 2023, at her home with her family by her side. The beloved wife of 41 years to Richard "Dick" Raymond of Quincy. Devoted mother of Stephanie J. Freedman and her husband Carl of Hanover. Cherished grandma to her 2 grandchildren Aubree and Jamison Freedman. Loving sister of Betty LaPlante and her husband Rene of Westminster. She was daughter of the late Edwin and Vieno Johnson.

Jane grew up in Fitchburg. She had a love of horses and enjoyed horseback riding. Jane was also a competitive swimmer. After her college graduation, she taught English for many years. She married the love of her life Dick Ray-



JANE RAYMOND

mond and moved to Quincy, together they raised their daughter Stephanie, who she was so very proud of. Jane then took a position at the Quincy YMCA and taught water aerobics. Her passion in life were her grandchildren, she adored them and in return they cherished her. Jane was active in her church, Quincy Point Congregational, where she made

many dear friendships over the years. She will be sadly missed by all those who had the pleasure of having Jane in their lives.

Relatives and friends are respectfully invited greet the family during the visitation on Thursday, May 18, from 9-11 a.m. in the Keohane Funeral Home, 785 Hancock St., Quincy. Funeral service will be celebrated on Thursday at 11:30 a.m. in Quincy Point Congregational Church. Cremation will follow.

In lieu of flowers, donations in memory of Jane may be made to Joslin Diabetes Center, 1 Joslin Place, Boston, MA 02215. See www.Keohane.com for directions and online condolences.

NepRWA: Consider The Environment When Fertilizing Your Lawn

Fertilizing your lawn used to be a no-brainer for homeowners and landscapers. Apply the fertilizer in the spring and then watch the lawn green up.

But many homeowners have realized that what's good for your lawn may be bad for the environment beyond your property, especially lakes and streams.

The Neponset River Watershed Association (NepRWA) this month launched a campaign to educate homeowners in communities along the Neponset River, from Foxboro to Boston, about the potential environmental risks of lawn fertilizers.

"While nutrients in fertilizer such as nitrogen and phosphorus are good for plants, they're harmful to water quality," said Suzanne Sullivan, stormwater

outreach coordinator for NepRWA. "When fertilizer runoff reaches nearby ponds, streams, and rivers, it becomes a pollutant that can badly damage local aquatic habitat and cause harmful algal blooms."

The NepRWA campaign is urging homeowners to "become a lawn hero and protect local waterways." Sullivan cited the following easy steps:

- Never fertilize before a heavy rainstorm.
- Leave grass clippings on the lawn. They are a natural fertilizer.
- Keep grass clippings off of pavement and away from wetlands and waterways.
- Use slow-release or natural organic fertilizers instead of chemical fertilizers.
- Fertilize using less product or with the correct ratios that can be obtained

via a soil test.

• Get an inexpensive soil test done through UMass Amherst's Soil Testing Lab: <https://ag.umass.edu/services/soil-plant-nutrient-testing-laboratory>, which provides a detailed report with targeted fertilizer recommendations for your lawn. Getting a soil test can reduce unnecessary fertilizer use and save you excessive lawn care fees.

For more information, visit <https://yourcleanwater.org/lawn/>

The Neponset River Watershed Association is a grassroots, member-supported conservation group working since 1967 to clean up and protect the Neponset River, its tributaries, and surrounding watershed lands. To learn more, visit neponset.org.

Walk To Cure Arthritis June 11

Hundreds of area residents are supporting the Arthritis Foundation's mission to cure arthritis, and help people battling the disease live a full life, by participating in the 2023 Boston Walk to Cure Arthritis on Sunday, June 11, at Herter Park in Boston.

Walk to Cure Arthritis, the Arthritis Foundation's annual flagship fundraising

event, celebrates arthritis warriors, their caregivers and everyone else who's part of the movement to conquer arthritis. The Foundation supports research for better treatments and a cure, as well as offers tools and resources to help reduce chronic pain and improve people's lives.

Funds raised will be used to keep research, resources

and services going strong for those battling arthritis. This year, the community will band together again to help support the 1,000,000 living with arthritis in Massachusetts.

Residents can register and begin fundraising for the walk and learn more about the event by visiting www.walktocurearthritis.org/boston.



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FINANCIAL FOCUS: Are Your Goals 'Must Have' Or 'Nice To Have'?

Like everyone, you may have a lot of financial goals. But are they all of equal importance? Probably not. And do they share a similar timeline? Again, it's unlikely. So, your first step may be to

prioritize your goals — and then follow a process that can help you achieve them.

This process should include the following steps:

- **Identify your goals as "must have" or "nice to have."** Making sure you can retire comfortably and won't outlive your resources is a "must have" goal. For this



MARIE
O'RIORDAN KELLY

goal, you can't compromise — you need to be certain of achieving it, or at least as certain as possible. But if you want to someday own a vacation home by the beach, and you can't ever quite afford it, you might find an acceptable substitute, such as renting. So, it seems fair to say that achieving this goal would be "nice to have."

- **Prioritize your investment dollars.** Unless you have unlimited sums to invest — and very few of us have that luxury — you'll probably need to prioritize where your investment dol-

lars are going. For your main "must have" goal — retirement — you'll be helped by the ability to automatically invest through your 401(k) or other employer-sponsored retirement plan. If you're on track toward this goal, and you budget carefully and potentially receive salary increases over the years, you may also find space to keep contributing toward the "nice to have" goals.

- **Put "price tags" on your goals.** You need to know what your goals will cost. Of course, you may need to estimate the costs for some goals based on different factors. For example, when you think about your goal of retiring comfortably without outliving your money, you'll need to consider some key questions, including these: When do you want to retire? What sort of retirement lifestyle do you envision? Do you see yourself downsizing your living arrangements? For other goals, though, such as purchasing a vacation home,

you could get more specific on how much money you'll need.

- **Follow an appropriate strategy.** The nature of your goals, and their estimated cost, along with your appetite for risk, should drive your investment strategy — but another key factor is time. So, for a long-term goal like retirement, you'll likely need a reasonable amount of quality growth-oriented investments in your portfolio. While these investments — such as stocks and stock-based mutual funds — will fluctuate in value over shorter periods of time, your hope is that, over several decades, they will ultimately provide the growth you need to meet your retirement goal. However, to achieve a goal you want to meet in a year or so — perhaps you're paying for a wedding or planning a long vacation — you may want to consider more stable investments, such as certificates of deposit (CDs), short-term bonds or even cash or cash equivalents.

They may not provide much in the way of growth, but you can essentially count on them to provide the amount you need when you need it. You'll need to regularly review the performance of your investment strategy for each goal to assess your progress.

Achieving any goals — whether they're "must have" or "nice to have" — can be challenging. But by identifying and prioritizing these goals, following an appropriate strategy to meet them, and consistently reviewing your approach, you can help yourself get to where you want to go.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Edward Jones, Member SIPC

Submitted by Marie O'Riordan Kelly, AAMS
Edward Jones
138 Franklin St.
Quincy, MA 02169
617-639-0327
Marie.kelly@edward-jones.com

LEGAL NOTICE

CITATION GIVING NOTICE OF CONSERVATOR'S ACCOUNT

Docket No. NO21P2566PM
Commonwealth of
Massachusetts
The Trial Court

Probate and Family Court
Norfolk Probate
and Family Court
35 Shawmut Road
Canton, MA 02021

In the matter of:
Gavin J. Davis
Of: Quincy, MA

Protected Person/Disabled
Person/Respondent

To the named Respondent and all other interested persons, you are hereby notified pursuant to Rule 72 of the Supplemental Rules of the Probate & Family Court, that the 1st Annual account(s) of Joseph Mogan of Quincy, MA as Conservator of the property of said Respondent has or have been presented to the Court for allowance.

You have the right to object to the account(s). If you wish to do so, you or your attorney must file a written appearance and objection at this court on or before 10:00 A.M. on the return date of 05/31/2023. This day is NOT a hearing date, but a deadline date by which you have to object to the account(s). If you fail to file the written appearance and objection by the return date, action may be taken in this matter without further notice to you, including the allowance of the account(s).

Additionally, within thirty days after said return day (or within such other time as the Court upon motion may order), you must file a written affidavit of objections stating the specific facts and grounds upon which each objection is based and a copy shall be served upon the Conservator pursuant to Rule 3 of the Supplemental Rules of the Probate & Family Court.

You have the right to send to the Conservator, by registered or certified mail, a written request to receive a copy of the Petition and account(s) at no cost to you.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: April 27, 2023
COLLEEN M. BRIERLEY
Register of Probate

5/18/23

LEGAL NOTICE

CITATION GIVING NOTICE OF PETITION FOR RESIGNATION OF A GUARDIAN OF AN INCAPACITATED PERSON

Docket No. NO06P0733GI
Commonwealth of
Massachusetts
The Trial Court

Probate and Family Court
Norfolk Probate
and Family Court
35 Shawmut Road
Canton, MA 02021

In the interests of:
Helen Licciardi
Of: Quincy, MA
RESPONDENT

(Incapacitated Person/
Protected Person)

To the named Respondent and all other interested persons, a petition has been filed by Jennifer E. Miller of West Bridgewater, MA in the above captioned matter requesting that the court:

Accept the Resignation of the Guardian of the Respondent.

The petition asks the court to make a determination that the Guardian and/or Conservator should be allowed to resign; or should be removed for good cause; or that the Guardianship and/or Conservatorship is no longer necessary and therefore should be terminated. The petition is on file with the court.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of 05/31/2023. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition.

If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: April 27, 2023
COLLEEN M. BRIERLEY
Register of Probate

5/18/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-3

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an Open Public Hearing will be held on Tuesday, June 6, 2023 at 6:00 p.m. in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Islen Garcia for a Variance to Remove the Existing Decks on the Rear of the Home and Construct a New Two-Story Addition in violation of the Quincy Zoning Ordinance, 4.1.1 Dimensional Requirements (FAR, Right Side & Rear Setbacks) on the premises numbered 198 MAIN STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/categories/1083/record-types/6468>.

Martin Aikens, Chairman

5/18/23, 5/25/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-30

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an Open Public Hearing will be held on Tuesday, June 6, 2023 at 6:00 p.m. in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of JCBT Architect for a Variance to Construct an Addition to the Existing 2nd Floor and Finish the Basement in violation of the Quincy Zoning Ordinance, Section 4.0 Dimensional Regulations (FAR) on the premises numbered 657 QUINCY SHORE DRIVE, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/categories/1083/record-types/6468>.

Martin Aikens, Chairman

5/18/23, 5/25/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-33

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an Open Public Hearing will be held on Tuesday, June 6, 2023 at 6:00 p.m. in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of James McCarthy for a Variance to Construct a new two-story, two car garage on the existing foundation wall with the second level consisting of a pool house in violation of the Quincy Zoning Ordinance, Section 3.2.3 Use Regulations (Accessory Uses in Residence Districts) on the premises numbered 90 BABCOCK STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/categories/1083/record-types/6468>.

Martin Aikens, Chairman

5/18/23, 5/25/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-36

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an Open Public Hearing will be held on Tuesday, June 6, 2023 at 6:00 p.m. in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Brian Bernard for a Variance to construct a two story garage on the side of the home in violation of the Quincy Zoning Ordinance, Section 3.2.3 Accessory Use in the Residence Districts (number of stories, setbacks, gross floor area and height) on the premises numbered 41 CRANCH STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/categories/1083/record-types/6468>.

Martin Aikens, Chairman

5/18/23, 5/25/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-38

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an Open Public Hearing will be held on Tuesday, June 6, 2023 at 6:00 p.m. in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of JCBT Architect for a Variance to Build a 2.5 Story Side Addition with a Two-Car Garage on the Basement Level in violation of the Quincy Zoning Ordinance, Sections 4.1.1 Dimensional Requirements-Conformance (Front Setback) and 5.1.4 Parking (Setbacks) on the premises numbered 28 FURNACE BROOK PARKWAY, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/categories/1083/record-types/6468>.

Martin Aikens, Chairman

5/18/23, 5/25/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-39

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an Open Public Hearing will be held on Tuesday, June 6, 2023 at 6:00 p.m. in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of JCBT Architect for a Variance and Finding to Build a 2nd Floor Addition with a Finished Attic in violation of the Quincy Zoning Ordinance, Section 4.0 Dimensional Regulations on the premises numbered 39 BAXTER AVENUE, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/categories/1083/record-types/6468>.

Martin Aikens, Chairman

5/18/23, 5/25/23

BBB: Watch Out For AI Services That Make Big Promises — But Don't Deliver

By BETTER BUSINESS BUREAU
Artificial intelligence (AI) is the hot new thing. It's revolutionizing medical research, challenging the art world, and even helping small business owners streamline and automate tasks. But as with anything new and popular, scammers are quick to take advantage. When evaluating AI products for your business, be on the lookout for scams.

How this scam works
You get an unsolicited call, email, or text message claiming to offer AI services for small businesses. You may even stumble across a convincing looking ad on social media or be sent one by a friend. The services sound amazing. You'll pay a reasonable amount upfront,

and once the AI is set up, you can expect incredible benefits, such as automating all your marketing needs. If the ROI sounds too good to be true, that's because it is.

If you engage with scammers offering phony AI services, you'll likely lose any money you pay them. At the very least, your business information could fall into the hands of unscrupulous individuals and put you at risk for identity theft, business email compromise, and other cons.

Read the full alert for an example of this scam.

How to avoid similar scams:

- **Research before you hire.** Get to know a company before you do business with them. This requires thorough research. Review

their website and social media accounts. If anything looks unprofessional or if contact information is missing or doesn't work, steer clear. Do an internet search for reviews and complaints. Search the company name along with the word "scam" to find reports or any dishonest business practices. You can also look up companies at BBB.org.

- **Watch out for aggressive sales tactics and far-fetched promises.** These are two of scammers' most effective tactics. If someone pressures you to buy a service, telling you you'll miss out if you don't act right now, or if they promise you your business will make hundreds or thousands of dollars with little to no effort on your part, it's probably a scam.

Bartholomew Jae To Speak Sunday At Quincy Point Congregational Church

Quincy Point Congregational Church, 444 Washington St. will welcome Bartholomew Jae, a member of the Board of Directors of Boston Chinatown Neighborhood Center and the co-chair of the Quincy Leadership Council, as guest preacher at the 10 a.m. worship service.

Jae, who works for the National Fire Protection Association, will be sharing the work of the BCNC, its connection to the Asian community in Quincy, and ways QPCC can continue its efforts to reach out and connect with all Quincy neighbors and communities.

BCNC focuses on helping immigrant families "survive and thrive," creating programs that focus on education, overcoming language barriers with child through adult English as a Second Language classes, and helping newcomers better integrate into their neighborhoods.

Jae grew up in Quincy Point, after he and his family emigrated here in 1980s.



BARTHOLOMEW JAE

He and his wife and children continue to live in Quincy.

The QPCC building has an elevator on the Abbey Road side and designated "accessible" parking. For those unable to attend worship in person, the Sunday morning 10 a.m. worship can be accessed online via the church's Facebook, Vimeo, and YouTube pages. After worship all are welcome to coffee fellowship in the downstairs Social Hall.

May 21 is also the third Sunday of the month and there will be a personal care item collection for the pantry at Interfaith Social Services. Collection boxes are in the narthex (entrance to church) or items can be

dropped before 10 a.m. Sunday worship or to the office weekdays from 9 a.m. to 5 p.m. Items needed include: diapers (especially sizes 4,5 and 6), feminine hygiene products, unscented baby wipes, toilet paper, tissues, toothpaste, toothbrushes, dental floss, unscented bar soap, body wash, shampoo, conditioner, shaving cream, razors and deodorant (men's and women's).

The final special event is "Welcome! An Informal Informational Meeting for Prospective New Members," from 11:30 a.m. to 1 p.m., following worship in the QPCC Parlor. This informal meeting will offer a space and place where you can ask questions, learn about the church history, faith perspectives and traditions, as well as about the program and mission of QPCC. RSVP, if attending, to 617-773-6424 or office@quincypointcong.org.

On Sunday, June 4, new members will be welcomed into the QPCC community during the 10 a.m. worship service.

5 Ways To Improve Your Credit Score

As the foundation of modern financial life, a credit score plays a large role in helping you qualify for the best borrowing terms on products such as mortgages, credit cards and other loans. Many Americans regularly seek ways to quickly improve their scores.

"Few financial figures are as important as your credit score, so it's understandable that people want to boost their scores quickly," said Amy Maliga, financial educator with Take Charge America, a nonprofit credit counseling and debt management agency. "But the truth is that improving

your score takes time. That said, there are several steps you can take to get started right away."

Maliga shares five tips to boost credit scores:

- **Review credit reports.** A critical step in improving your credit score is to ensure your credit report is accurate. Fixing and removing bad or fraudulent information could raise your score considerably. It's recommended you review your credit reports at least twice a year. Everyone is entitled to one free annual report from all three major credit bureaus at AnnualCreditReport.com.

- **Pay bills on time.** On-time payments have perhaps the most significant impact on your credit score. Because your payment history constitutes a portion of your total score, missing payments or being late will negatively affect your score. On the plus side, making payments on time translates into a better score.

- **Consolidate debt.** Another major factor contributing to your credit score is credit utilization, or the amount of available credit you're using. Consolidating debt can help lower utilization by transferring balances to a new card or loan, thus freeing up other forms of credit.

- **Explore becoming an authorized user.** If you have a trusting and willing loved one with a strong credit history, consider asking them to add you as an authorized user to one of their credit cards. This has the potential to give your credit score a significant boost. You don't even have to have access to the account — just have your name on the account.

- **Don't close accounts.** An easy way to help improve your credit score is to avoid canceling older or unused accounts. Credit age factors into your credit score and closing old accounts could negatively affect it. Even if you are no longer using an account, it's best to keep it open to help your score.

Squirrel Run XXV, Jimmy Kennedy Memorial Run For ALS June 10

The 25th Annual Jimmy Kennedy Memorial Run for ALS, (Squirrel Run XXV), a 5-mile run, 2.5-mile fitness walk and family fun day will be held on Saturday, June 10th at Pageant

Field, Merrymount Parkway in Quincy.

Proceeds from the Squirrel Run will benefit The Angel Fund, a nonprofit organization dedicated to funding ALS research at UMass Chan Medical School in Worcester. Jimmy Kennedy lost his courageous battle with ALS, better known as Lou Gehrig's Disease, in 1997 at the age of 31.

Runners and walkers of all ages and abilities are welcome to participate in the 5-mile run and 2.5-mile walk that begins with registration at 8 a.m. The course is officially sanctioned by USA Track and Field, New England Association. The 2.5-mile fitness walk starts at 9 a.m. followed by the 5-mile run at 10 a.m. Children's races begin at 11 a.m.

The cost is \$30 for registrations received before May 25, 2023 and \$35 after

that date. Registrations must be made online at <https://theangelfund.org/events/squirrel-run-xxv-2/>.

All participants will receive a race t-shirt. Numbers will not be mailed prior to the race. Pre-registered participants can pick up their numbers at the pre-registered table on the day of the event.

In addition to the race and walk, the day will be filled with entertainment for children, plenty of refreshments, and awards for competitive runners in all divisions for men and women. There will be trophies, gift certificates, and other awards.

For registration and sponsorship information, or for further information call The Angel Fund at 781-245-7070 or Rich (Ratt) Kennedy (617) 968-6706, or email him at tytaylor@aol.com.

LEGAL NOTICE

DIVORCE SUMMONS BY PUBLICATION, MAILING, EMAIL
Docket No. NO23D0284DR
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Edgar Suarez, Plaintiff
vs. Danielle Kathleen Suarez, Defendant
To the above named defendant:

The plaintiff has filed a complaint for Divorce Requesting that the court Grant a divorce for Irretrievable Breakdown. The complaint is on file at the Court.

An Automatic Restraining Order has been entered in this matter preventing you from taking any action which would negatively impact the current financial status of either party. **SEE Supplemental Probate Court Rule 411.**

You are hereby summoned and required to serve upon: **Thomas C. Benner, ESQ.**
33 Samoset St.
Plymouth, MA 02360

your answer, if any, on or before **June 8, 2023**. If you fail to do so, the court will proceed to the hearing and adjudication of this action. You are also required to file a copy of your answer, if any, in the office of the Register of this Court.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: April 26, 2023
COLLEEN M. BRIERLEY
Register of Probate

REQUEST FOR PROPOSALS

REQUEST FOR PROPOSALS

REQUEST FOR PROPOSALS

CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK STREET, QUINCY, MA 02169

Invites sealed proposals for furnishing and delivering to the City of Quincy:

SCCDA

OUT-OF-SCHOOL YOUTH SERVICES

JUNE 2, 2023 at 1:00 P.M.

The City of Quincy, dba South Coastal Career Development Administration, on behalf of the MassHire South Shore Workforce Board (Board) is seeking proposals for grant funding of Out-of-School Youth Services pursuant to the Workforce Innovation and Opportunity Act. Proposals will be evaluated, and one or more may be recommended for funding subject to the approval of the Board.

Non-Price Proposals must be in a sealed envelope and separate from the Price Proposals in another sealed envelope. The outside of the sealed envelopes is to be clearly marked "RFP - NON PRICE PROPOSAL ENCLOSED" with time/date of RFP and "RFP - PRICE PROPOSAL ENCLOSED" with time/date of RFP.

Bids/Proposals will be received at the Purchasing Department until the time and date stated above, at which time and date they will be opened and registered. Late Bids/Proposals, delivered by mail or in person, will be rejected.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the office of the Purchasing Department, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM

The City of Quincy and the South Shore Workforce Investment Board reserves the right to withdraw the Request for Proposal; to reject any and all proposals; and to accept any proposal deemed to be in the best interest of the City of Quincy.

Thomas P. Koch, Mayor

Kathryn R. Logan, Chief Procurement Officer

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD – James Bond goes gay...again! When Daniel Craig ended his run as 007, he starred as detective Benoit Blanc in “Glass Onion: A Knives Out Mystery,” and there were a few subtle clues that Benoit was gay and lived with a man (played by Hugh Grant). That must have prompted Luca Guadagnino, director of the gay drama “Call Me by Your Name” (2017), to cast 55-year-old Craig in his upcoming film “Queer,” opposite 29-year-old “Outer Banks” star Drew Starkey. But Craig hasn’t switched sides in real life...he’s been happily married to Rachel Weisz since 2011.

Gene Wilder starred in “Willy Wonka & the Chocolate Factory” (1971), and although it was a wonderful film, it wasn’t marketed to be a blockbuster. It was made for \$3 million, but only grossed \$4 million. “Charlie and the Chocolate Factory” (2005) starred Johnny Depp and “The Good Doctor’s” Freddie Highmore. This time, it was marketed as a blockbuster, and while it cost \$150 million, it grossed \$475 million. In 2016, Warner Bros. bought the rights and were determined to make a fresh film, unlike the other two, out of it. They decided to go with the simply titled “Wonka,” a prequel about how Willy Wonka became a primo chocolate-maker. Timothee Chalamet stars as “Wonka,” and the film co-stars Keegan-Michael Key, Rowan Atkinson, and Hugh Grant as one of the Oompa-Loompas trapped in

a tiny glass. It cost \$125 million to produce and opens Dec. 15.

In 1988, I sat beside a handsome 19-year-old actor on a flight leaving from Sydney, Australia. During the 24-hour trip to Los Angeles, we talked about his acting career, which he’d just started. In 1989, he landed his first role in a TV series as Todd Mahaffey in “Sister Kate,” starring Stephanie Beacham (fresh off “Dynasty”). The following year, Jason Priestley played Brandon Walsh in “Beverly Hills, 90210,” and the rest is TV history.

In 1999, he crashed his Porsche into a telephone pole, was arrested for driving under the influence and lost his driving privileges for a year. It took a while for him to get his career back on track. When acting wasn’t enough, he decided to put on another hat and began directing episodic television from 2000-2021.

In mid-May, he’ll start shooting the heavy dramatic film “Ctrl Alt Del,” in which he portrays a filmmaker named Greyson. Greyson’s teenage daughter, Ava, grapples with a recent tragedy that was linked to her father’s latest sci-fi picture. There was a film with the same name released in 2008, and another with the same title in 2017. (It seems they need to try out an unused title to avoid confusion.) But, who would have thought I had to go all the way to Sydney to meet a future resident of the “90210”!

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★
★ Moderate ★★ Difficult
★★★ GO FIGURE!

	-		x		20
+		+		x	
	x		+		17
x		+		÷	
	x		-		23
21	20		10		

1 2 3 4 5 6 8 9 9

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Escale Watch – The Louis Vuitton Escale Time Zone watch features the world’s 24 time zones. Escale (“stop-over” in French) was created to appeal to the world traveler not only with the time zones, but with the colorful flags of the world represented on the watch’s face. The images of the flags also link the contemporary wristwatches to earlier days of Louis Vuitton, when travelers could customize their LV luggage with flags of the countries where they traveled.

This watch was introduced in 2010, and there is still an Escale line. Louis Vuitton’s annual designs include a resort collection also called Escale.

Q: I have a pair of gold-tone costume jewelry earrings that I love even though they are not real gold. A small green spot has appeared on each one where the post attaches. Can the spots be removed? Are the earrings safe to wear?

A: The green spots, called verdigris, are a patina that can form on copper, bronze, brass and gold or silver plate. You can clean it off your earrings and continue wearing them. You can try removing small spots with a toothpick, soft-bristled toothbrush, pencil eraser or microfiber cloth. If you need something stronger, mix a small amount of dishwashing detergent with warm water and use this to clean your jewelry. If your earrings don’t have pearls or foil-backed rhinestones, you can dilute white vinegar or lemon juice in water, soak a cotton ball in the solution, and hold it to the green spot.

Or apply ketchup to the spot; it is acidic, and its thick consistency means it won’t run like a liquid. But be careful when you use acids to clean jewelry! They can discolor gold-tone metals, damage pearls (both real and fake) and foil-backed stones, and weaken some glues. To keep verdigris from forming, store your pieces separately, avoid exposing them to moisture, oils and cosmetics, and make sure your skin is clean and dry when you wear them.

TIP: Use eyeglass-cleaning tissues to clean the glass on small pictures.

CURRENT PRICES

• Blown-glass bowl, cobalt blue, flared-out sides, short rounded foot, Millville Glass Works, N.J., c. 1890, 9 3/8 x 7 1/2 inches, \$125.

• Photograph, Civil War lieutenant, albumen, hand-colored, nine-button frock coat, officer’s sash, belt with sword, oval, frame, 12 x 9 1/2 inches, \$240.

• Pair of terra-cotta planters, neoclassical style, rectangular, bulbous sides with raised panels, acanthus leaf corners, flared rim with molded egg and dart border, metal liner, c. 1930, 13 x 24 3/4 x 15 3/4 inches, pair, \$475.

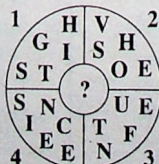
• Toy, Space Man, Colonel Hap Hazard, white space suit with NASA logo, red trim, walks, spinning antenna with red and green lights, battery operated, Louis Marx & Co., 2 inches, \$755.

Subscribe to the Kovel’s free weekly email newsletter, Kovel’s Comments, at www.Kovels.com.

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STICKELERS by Terry Stickels

What letter can be placed in the middle of the figure below so that, when it is added to the scrambled letters, each one of the four sections forms a different word?



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Strange BUT TRUE

• According to Cunningham’s Law, the best way to get the right answer on the internet is not to ask a question, but to pose the wrong answer.

• Jazz trumpeter Louis Armstrong once asked President Richard Nixon to carry his bags through customs for him because Armstrong was “an old man.” We feel pretty sure Nixon wasn’t aware the bags contained marijuana.

• In 2015, the 1,000-year-old corpse of a Buddhist monk was discovered inside an ancient statue of Buddha.

• Never mind Freddy Krueger’s mutilated face and clawed glove – Wes Craven designed his red-and-green-striped sweater after he read in Scientific American that the human eye has difficulty recognizing those particular shades. Therefore, just looking at his pullover is subliminally unsettling!

• The first item sold on eBay, for \$14.83, was a broken laser pointer, to someone who kept a collection of broken

laser pointers.

• Costa Rica has the world’s only sloth orphanage.

• During the Apollo 12 mission, a 2 1/2-ton piece of the lunar module was experimentally crashed onto the surface of the moon, with a quite unexpected result: The moon “rang like a bell” for nearly an hour.

• Dockers recently increased the size of their coin pockets to accommodate the growing size of smartphones.

• In 1999, 15-year-old Jonathan Lebed was making up to \$74,000 a day in the stock market by using internet message boards to manipulate prices. The government eventually caught up with him, but he was still able to keep half a million dollars of his gains.

• Vending machines kill more people per year than sharks.

• Pork was once used in Spain during the Inquisition to show that one wasn’t Jewish or Muslim.

Thought for the Day: “Love doesn’t make the world go round. Love is what makes the ride worthwhile.” – Franklin P. Jones

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Now here’s a tip!

by Jo Ann Derson

• “Store kitchen matches wrapped in tin foil to keep them dry when on camping or fishing trips. You can also store them in an empty pill bottle if they are the short kind. If you fill paper egg carton cups with dryer lint and drizzle it with wax, you can cut the cups apart and you’ll have small firestarters for your campfires. My family does a lot of camping in the summer, and we use these every time.” – K.R. in Missouri

• To get scorched pan bottoms clean, scrub with sudsy ammonia and rinse well.

• “Baby food jars make wonderful organizer containers; most people know that. But you can make a great first cup from a baby food jar. Screw on the lid tightly and poke holes along one side. Baby can tip and sip, but not much will come out. They are just the right size for small hands.” – M.W. in Alabama

• Baby oil can loosen soap scum from shower doors. Apply and buff lightly with a soft washcloth. Follow with a shampoo cleaning or just leave as is. It will repel water and smells nice, too.

• To keep shirt collars from absorbing oil and grime, sprinkle with talcum powder while ironing.

• Keep your steering wheel in touchable condition on very hot days with a paper grocery bag. Cut out a strip down one side of the bag, allowing it to slip over the steering column. The bag can be refolded and stored next to your seat. When you get out of the car, just slip the bag over the steering wheel. No more burning hands when you get back in the car.

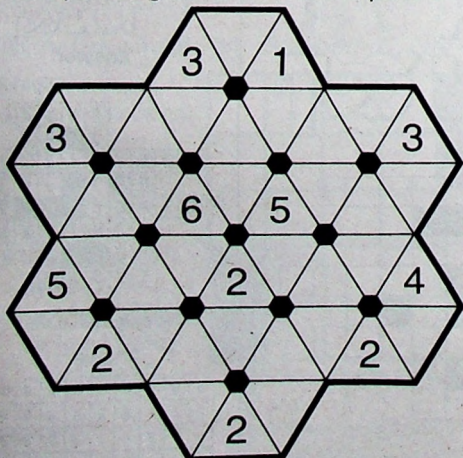
Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



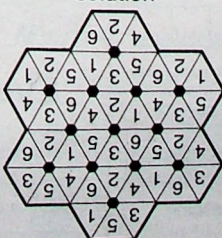
DIFFICULTY THIS WEEK: ◆◆◆◆◆

◆ Easy ◆◆ Medium ◆◆◆◆ Difficult

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SNOWFLAKES

solution



Sticklers Answer

Go Figure! answers

10	20	21
23	4	3
÷	+	x
17	8	1
x	+	+
20	5	6

(4) SILENCE
(3) FLUENT
(2) SHOVEL
(1) LIGHTS

The letter in the middle should be L

Super Crossword

EPICUREAN
SPECIALTY

ACROSS

- 1 Salary limit
- 4 Reputation, on the street
- 8 Two-team wrestling competitions
- 13 Gave high praise to
- 19 Pesticide compound
- 21 The "A" of James A. Garfield
- 22 Aorta, for one
- 23 Study hard
- 24 Proportional relation
- 25 Supervise
- 26 Start of a riddle
- 29 Thing a doc prescribes
- 30 Yin and —
- 31 Suffix with hotel or cash
- 32 Riddle, part 2
- 43 Apple on a desk
- 44 Latin "that is"
- 45 "— So Fine"
- 46 French for "man"
- 47 Set into motion
- 50 Charles Chaplin's title
- 51 Eileen of "Clue"

DOWN

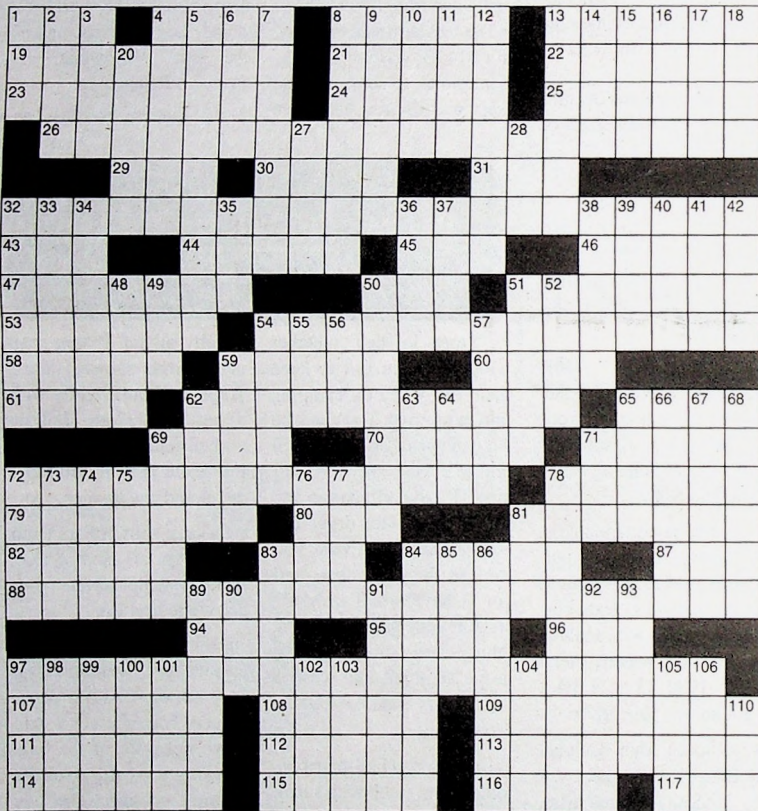
- 53 In the vicinity
- 54 Riddle, part 3
- 58 Old-time actress Irene
- 59 She was Mrs. Gorbachev
- 60 German word before "geist"
- 61 Donkey Kong and others
- 62 Riddle, part 4
- 65 Lacerate
- 69 Dove shelter
- 70 Use all of
- 71 Afro-Brazilian dance
- 72 Riddle, part 5
- 78 Scrupulous insistence on traditional rules
- 79 Disturbs
- 80 Source of some bran
- 81 Havana natives, to
- 82 Novelist George
- 83 Braying beast
- 84 Shooter of small balls
- 87 Bard's "before"
- 88 End of the riddle
- 94 Huge battle
- 95 Bereft, poetically
- 96 Khaki color

ACROSS

- 97 Riddle's answer
- 107 Back-baring blouse
- 108 "— think so!"
- 109 Certain airport worker
- 111 "History repeats —"
- 112 Make a phony copy of
- 113 Moniker for Wilt Chamberlain
- 114 Shoulder garments
- 115 Deuce-beating cards
- 116 Admin. aide
- 117 Low grade

DOWN

- 1 Baby bear
- 2 In — (lined up)
- 3 Phnom —, Cambodia
- 4 Skydived, for short
- 5 Second-most populous place in South Dakota
- 6 Slaughter of the Cardinals
- 7 Chewing gum brand
- 8 Lack the courage to
- 9 700-mile-long African river
- 10 Intro studio course
- 11 Secular
- 12 Range of the Appalachians
- 13 Actress Hedy
- 14 Composer Khachaturian
- 15 — Reader (magazine)
- 16 Turn a — ear
- 17 Hence
- 18 Hair colorer
- 20 "I love you," to Juanita
- 27 — Christian Andersen
- 28 Opposite of old, in Germany
- 32 Plummer of "Pulp Fiction"
- 33 How cards are sometimes dealt
- 34 Gasoline rating
- 35 Exalting verse
- 36 Lower leg part
- 37 Feudal toiler
- 38 Source of some bran
- 40 1980s Dodge
- 41 Supermodel from Somalia
- 42 Hong Kong's Hang — Index
- 46 Catering coffeepots
- 49 Vigoda of "Fish"
- 50 Tries to hit, as an insect
- 51 Cat variety
- 52 Sluggers' stats
- 54 DJ Casey
- 55 Fall chill
- 56 Bear, in Baja
- 57 Gas in an atmospheric layer
- 59 Hayworth and Moreno
- 62 Certain garden worker
- 63 "The Simpsons" storekeeper
- 64 Sleuth, in old slang
- 65 Lipinski on ice
- 66 Rapper aka "Slim Shady"
- 67 Sop up
- 68 19th-dynasty pharaoh
- 69 Greek island
- 71 Deli hero
- 72 "Oh, ri-right!"
- 73 — contendere (court plea)
- 74 "Take — from me ..."
- 75 Take an ax to
- 76 2010-19 Royals skipper Ned
- 77 Waist wear
- 78 Pokes a hole in
- 81 Chew the —
- 83 Helicopter rescue, say
- 84 Three 19th-century literary sisters
- 85 Arctic chunk
- 86 Subgenre of rap music
- 89 Friends of Snow White
- 90 Mart start
- 91 Like flashy jewelry, informally
- 92 Least frequent
- 93 Not fulfilled
- 97 — and that
- 98 Possesses, in Shakespeare
- 99 Bride of Lohengrin
- 100 Crockpot dish
- 101 Beehive unit
- 102 Scent
- 103 Sweat outlet
- 104 Singer Phil
- 105 Blyton of kids' books
- 106 Prefix with marketing
- 110 Blvd., e.g.



celebrity extra

by Dana Jackson

Q: Is it true that Christina Applegate has quit acting due to her health? Does she have any upcoming shows she's already filmed, or was "Dead to Me" her last? — A.J.

A: Christina Applegate was diagnosed with multiple sclerosis, an autoimmune neuromuscular disorder, while co-starring in the Netflix series "Dead to Me." It was an enormous physical challenge for her to film the final season. She credited the kind cast, crew and bosses on the set for helping her get through her scenes, allowing her to take naps when needed.

In November of last year, she was honored with a star on the Hollywood Walk of Fame and hinted that she might quit acting. Recently, this month, she made it official, saying that she wouldn't do anymore on-camera acting. Fortunately, she plans to support herself doing voice work, including reprising her role as Kelly Bundy in an upcoming animated series version of "Married with Children."

Q: Is Arnold Schwarzenegger's new show the first time he's acted in anything since he was the governor of California? Also, did he and Maria ever divorce? — Q.S.

A: World-famous bodybuild-

er-turned-movie-star-turned-political-figure ended his two terms as California's governor in 2011. That same year, his wife, Maria Shriver, filed for divorce after it was made public that Schwarzenegger fathered a child with the family's longtime housekeeper. Their divorce was finalized in 2021. After Schwarzenegger exited the governor's post, he quietly returned to show business in the action film "The Expendables" and its sequel opposite Sylvester Stallone. In 2015, he starred in "Terminator Genisys," and in 2019, he starred in "Terminator: Dark Fate," which also featured Linda Hamilton's return as Sarah Connor. In the past two years, he's exclusively done voice work for animated shows and video games, but this May marked his return to comedy.

In the new Netflix series "FUBAR," he plays a newly returned CIA agent whose lured in for one last job, when he learns someone close to him is also a secret agent. There's plenty of action, but it's also a great vehicle to showcase Schwarzenegger's wit, which was a big hit in movies like "Twins" and "Kindergarten Cop" in the late '80s and early '90s.

Q: Why did CBS cancel "S.W.A.T.?" I thought it was one of those foolproof hit shows that would be around for a long time. — B.M.

A: "S.W.A.T." actually lasted six seasons on CBS, so it was definitely a bonafide hit, but never reached high numbers like "NCIS," "Law & Order" and other network dramas that



Christina Applegate
in the series
"Dead to Me"

Photo Courtesy of Netflix

have spawned spin-off after spin-off. Star Shemar Moore was outraged by the cancellation of his show, stating in a video he posted on social media that they've been "killing it" in its 8 p.m. Friday night slot for the past two years. He also expressed his disappointment, as they were led to believe there would be "some semblance of a season seven to at least say goodbye, if not continue," but instead, it was announced that this season would be its last. Moore remains hopeful that the network will have a change of heart, so if you're a fan, keep your fingers crossed.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

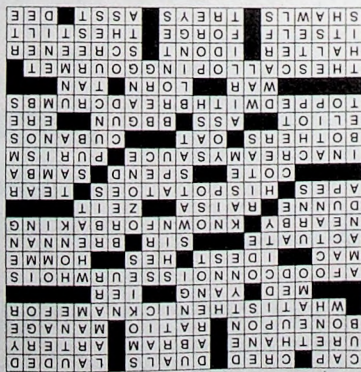
DIFFICULTY THIS WEEK: ♦♦

♦♦ Moderate ♦♦ Challenging
♦♦♦♦ HOO BOY!

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Super Crossword

Answers



Even Exchange

answers

1. Alice, Alike
2. Retail, Retail
3. Bland, Brand
4. Strike, Stride
5. Akron, Apron
6. Marble, Warble
7. Branch, Brunch
8. Charm, Chart
9. Envy, Enjoy
10. Picket, Pocket

Even Exchange by Donna Pettman

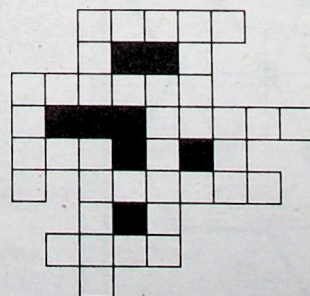
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an L, you get MISTER. Do not change the order of the letters.

- | | | | |
|-------------------------|-----------|-------------------|-------------|
| 1. Tea party guest | — — — C — | Very similar | — — — K — |
| 2. Sale of goods | — — — — L | Hire a lawyer | — — — — N |
| 3. Tasteless | — L — — — | Trademark | — R — — — |
| 4. Bowler's goal | — — — K — | Walker's pace | — — — — D — |
| 5. Ohio tire city | — K — — — | Kitchen garment | — P — — — |
| 6. Cat's eye or steelie | M — — — — | Sing, like a bird | W — — — — |
| 7. Subdivision office | — — A — — | Midmorning meal | — — U — — |
| 8. Bracelet bangle | — — — — M | Graph | — — — — T |
| 9. Emissary | — — V — — | Delight in | — — J — — |
| 10. Fence style | — I — — — | Kangaroo feature | — O — — — |

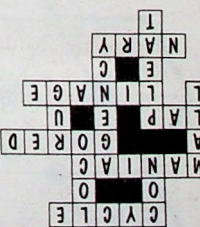
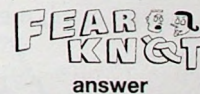
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- GRU
NYECAG
♥ LAPET
LMLA
♥ ALGINE
OCN
♥ RYNA
CLYEC
♥ APL
AMICAN
DROGE
♥ OLOC

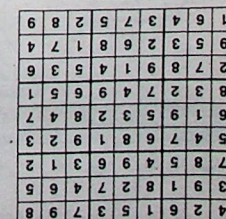


Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥ RATHER becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



Weekly SUDOKU

Answer



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Amber Waves

HEY GUS, SINCE THE WEATHER IS BETTER LET'S PLAY CATCH!

IT'S 3RD AND LONG. LET'S TAKE THIS ONE TO THE HOUSE!

HUT, HUT...GO, GO!

WOW, HE ACTUALLY TOOK IT TO THE HOUSE. THE FARMER'S WIFE IS GONNA FREAK OUT.

Out on a Limb

LENORA, YOU'RE MY SOUL MUTT...

by Gary Kopervas

Americanisms

"If you have an opportunity to make things better and you don't, then you are wasting your time on Earth."
— Roberto Clemente

Just Like Cats & Dogs

AHHH, NO MORE WINTER. I WAS GETTING TIRED OF JUST SITTING AROUND IN A CHAIR ALL DAY LONG.

"He called me a lousy cook, so I hit him with one of my _____."

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Slim
WARRON

Awaken
SOURE

Charge
LACKET

Ample
GLARE

TODAY'S WORD



Pink Tears From Cat Is Normal

DEAR PAW'S CORNER: I adopted an older cat recently. Chuck is a joy and has settled into the household without a problem. However, I've started to notice a trickle of liquid from one of his eyes recently. He seems OK otherwise. I took a cotton ball and dabbed away the liquid and found that it was tinged pink! Should I be worried? — Lane V., Cleveland

Dear Lane: Chuck sounds like a wonderful cat! I'm glad he's with an owner who cares and keeps a close eye on his health. Excess tears or discharge from the eyes is a concern, but to determine how much of a problem it is, it's always good to check in with the veterinarian. It sounds like the liquid is clear and tinged red, which is normal — cats' tears are naturally tinted reddish or brownish. If

his tears are gunky, greenish or yellowish, that can indicate an infection is going on around the eye (or even elsewhere in the body, such as a respiratory infection).

Allergies or even the shape of a cat's eyes can cause irritation of the tear ducts.

Take a closer look at Chuck's eyes. The membrane surrounding his eyes should be very light pink, almost white. The eyes themselves should be clear with no inflammation in the white part. His eyelids should look symmetrical — if one is puffier than the other, there could be inflammation. This site has more detailed information on causes and conditions of excess tears: <https://tinyurl.com/yvu2wma9>.

If you notice Chuck pawing at his face, squinting often or otherwise seems uncomfortable, make a vet appointment to try to find the root cause of his eye irritation.

Send your tips, comments or questions to ask@pawscorner.com.

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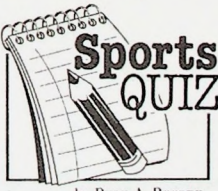
WORD LADDERS

Can you go from WINDY to AIRED in 6 words? Change one letter for each rung in the ladder.

WINDY

AIRE

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1. In baseball, what statistic is recorded for a starting pitcher who pitches at least six innings and allows three earned runs or fewer?
2. What sport originated in Southeast Asia and is similar to volleyball but played without using hands or arms?
3. In 1968, what team did the New York Knicks defeat in the first NBA game played at New York City's Madison Square Garden?
4. Italy's Autodromo Internazionale Enzo e Dino Fer-

rari is a racing circuit better known by what name?

5. What award is presented annually to the top NCAA men's hockey player?

6. In 1997, Joe Bugel had a 4-12 record in his only season as head coach of what NFL team?

7. What golfer was 11 years, eight months and 19 days old when she played in the 2014 U.S. Women's Open?

Answers

1. A quality start.
2. Sepak Takraw.
3. The San Diego Rockets.
4. Imola.
5. The Hobey Baker Memorial Award.
6. The Oakland Raiders.
7. Lucy Li.

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WORD LADDER

Answer

WINED, WIRED, AIRED
WINDY, WINDS, WINES

SCRAMBLERS

solution

CAKES

Today's Word

3. Tackle; 4. Large

Micro Crossword By Elizabeth C. Gorski

- Across
- 1 Charcuterie board spread
- 5 Strong as _____
- 6 Saw the light, with "up"
- 8 Start of the 13th century
- 9 "_____ on Down the Road" (song from "The Wiz")

1	2	3	4	
5				
6				7
	8			
	9			

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- Down
- 1 Dog's "dog"
- 2 "Dragon Ball Z" genre

- 3 Puccini premiere of 1900
- 4 Corp. jet passengers
- 7 Backgammon cube



Here's what to watch and where to watch it for the week of May 22, 2023

- ON NOW: "The Creature Cases" (Season 3) — Netflix
- ON NOW: "The Great American Baking Show" (Season 5) — Roku
- 22-May: "Prehistoric Planet" (Docuseries) — AppleTV+
- 23-May: "Wanda Sykes: I'm an Entertainer" (Comedy Special) — Netflix
- 23-May: "Three Thousand Years of Longing" (R) — Amazon Prime Video
- 23-May: "MerPeople" (Documentary) — Netflix
- 24-May: "The Clearing" (Limited Series) — Hulu
- 25-May: "The Kardashians" (Season 3) — Hulu
- 25-May: "FUBAR" (Season 1) — Netflix
- 26-May: "Violent Night" (R) — Amazon Prime Video

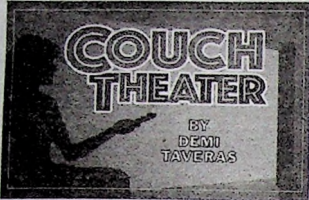
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Micro Crossword

Answer

E	S	E	
I	C	M	
D	S	I	W
X	O	N	A
E	P	A	T

MORE SUN FUN



"Silo" (TV-MA) — In a dystopian future where Earth has become toxic and unlivable, a giant silo deep underground hosts a community of men, women and children. The people who live in this silo don't know any information besides the fact that the outside world isn't safe; they don't know even how long they've been underground. The citizens of the silo are only supposed to abide by the rules and never ask to go outside — or they'll be forced to leave. But, when a rule gets broken and death starts to sweep over the silo, one engineer, Juliette, realizes she must find out the truth about what lies outside of the silo, and why they're even there in the first place. Starring Rebecca Ferguson, Rashida Jones, David Oyelowo and Common, the first three episodes of this sci-fi series are out now. (AppleTV+)

"Anna Nicole Smith: You Don't Know Me" (TV-MA) — Releasing May 16, this documentary walks viewers through the life of model and actress Anna Nicole Smith, who died from an accidental overdose at the young age of 39, back in 2007. Before she was Anna Nicole Smith, she was Vickie Lynn Hogan — a soft-spoken girl from Houston who had dreams so big she could get lost in them. Said to only be known by a very short list of people, Smith skyrocketed to fame by dialing into that bombshell, Marilyn-Monroe-inspired persona of herself, but in the end, it wound up costing her life. (Netflix)

"White Men Can't Jump" (R) — A remake of the 1992 sports-comedy "White Men Can't Jump," originally

starring Wesley Snipes and Woody Harrelson, hits streaming on May 19. Sinqua Walls ("Friday Night Lights") leads the reboot, alongside rapper Jack Harlow in his acting debut. They respectively play hoopers Kamal and Jeremy, who don't get along, but decide to team up and enter a basketball tournament together for the grand prize of \$500,000. Can they learn to work well enough with each other to pull it off and win the much-needed money? Teyana Taylor, Laura Harrier and Vince Staples also star, as well as Lance Reddick in one of his last films before his recent death. (Hulu)



Courtesy of Hulu
Sinqua Walls, left, and Jack Harlow star in a remake of "White Men Can't Jump."

"The Family Stallone" (NR) — Hollywood legend Sylvester Stallone has accomplished much over his lengthy acting career, specifically in the action film realm, but now he's taking on a new adventure in the world of reality TV. Viewers get a glimpse into what it's like to be a Stallone, as the show follows the big guy himself; his wife, Jennifer Flavin; and their three daughters, Sophia, Sistine and Scarlet. Expect moments that range from the profound pep talks Stallone gives to his family, to going behind the scenes on film and TV sets, to entertaining cameos from actors like Al Pacino and Dolph Lundgren. Premieres May 17. (Paramount+)

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Contract Bridge

SNEAK ATTACK

South dealer.
Neither side vulnerable.

NORTH

♠ 6 5 3
♥ J 3
♦ 8 6 5
♣ A K Q J 4

WEST

♠ 4
♥ 9 8 7 4 2
♦ J 7 3
♣ 9 6 5 3

EAST

♠ A 8 7 2
♥ 6 5
♦ A K 10 9 4
♣ 7 2

SOUTH

♠ K Q J 10 9
♥ A K Q 10
♦ Q 2
♣ 10 8

The bidding:

South	West	North	East
1 ♠	Pass	2 ♣	2 ♦
2 ♥	Pass	2 ♠	Pass
4 ♠			

Opening lead — three of diamonds.

Assume you're East and declarer gets to four spades on the sequence shown. Your partner leads the diamond three, and you cash the K-A of diamonds before playing another diamond, ruffed by declarer with the nine of spades. South leads the king of trump, your partner following suit, and the question is whether to take the king with the ace or duck it.

Let's say you decide to duck the king.

by Steve Becker

Puzzles4Kids

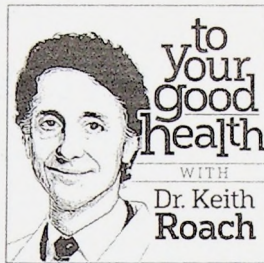
by Helene Hovanec

RIDDLE SEARCH — ALL ABOUT TIME

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: What kind of dog can tell time?

AFTERNOON	A	U	T	U	M	N	A	P	S	A
AUTUMN	W	F	S	A	Y	H	O	U	R	W
DATE	D	A	T	E	W	H	I	L	E	E
DAYTIME	E	R	A	E	O	N	T	V	T	E
EON	M	R	G	S	R	T	E	S	N	K
ERA	I	E	E	I	E	N	A	C	I	E
EVENING	T	M	H	R	I	P	O	D	W	N
HOUR	Y	M	M	N	S	E	C	O	N	D
MOMENT	A	U	G	U	M	O	M	E	N	T
PAST	D	S	E	S	S	I	O	N	O	G
SECOND										
SESSION										
SPAN										
STAGE										
SUMMER										
SUNRISE										
TERM										
WEEKEND										
WHILE										
WINTER										
YEAR										

Riddle answer: _____



Prescription Costs \$500 for a Month's Supply

DEAR DR. ROACH: What can you tell me about a prescription of 145 mcg of Linzess, and why a doctor would prescribe a pill over \$500? What are the advantages to taking this? Surely, there must be something less expensive that will provide the same results. -- J.P.

ANSWER: Linaclotide (Linzess or Constella) is a medicine used for constipation, either in people with irritable bowel syndrome or in people with constipation for no particular reason. It works by activating a protein to allow chloride and bicarbonate (along with fluid) into the intestine.

Since it is not absorbed into the body, it has few side effects. The major side effect is that it can work too well and cause diarrhea. This is enough of a concern that the medicine is not used in children under the age of 2. There are three different strengths: 72, 145 and 290 mcg.

If you are asking me to defend pharmaceutical pricing, I can't do that. I very seldom use this medicine because there are so many other options for constipation -- starting with a different diet without using any medicine at all. But in people with occasional constipation despite having a good diet, I usually start with fiber supplements.

If those don't work, I recommend a surfactant such as docosate (Colace), which allows more water to enter the stool. Yet another option would be nonabsorbable substances like polyethylene glycol (MiraLAX and others), lactulose, sorbitol and magnesium. All of these are much less expensive.

However, there are still people who don't do well with any of these less-expensive (and also tried-and-true) alternatives. Linzess has made a real difference in the lives of several of my patients. It is usually prescribed by an expert (a gastroenterologist) at least in the case of my patients.

Finally, Linzess is roughly \$20 a pill or about \$500 for a month's supply in the U.S. without insur-

ance. Some people only need it occasionally and are very willing to pay, even if insurance doesn't cover it.

DEAR DR. ROACH: The other day, when we were changing our bedsheets, my husband asked me if I knew why the sheets and pillowcases on his side of the bed were stained yellow and the ones on my side weren't. My only thought was that he has a very strong body odor. My high school biology classes came back to me, and I remembered that our sense of smell is a lock-and-key mechanism, where odor comes from a tiny particle that locks into the sensors within our olfactory system. So, I thought that the particles might be staining the bedding. Could this be so? -- J.M.

ANSWER: Chromhidrosis is the name for colored sweat, and it isn't uncommon. Both men and women can have chromhidrosis. There are several possible causes. One is that the sweat glands themselves can excrete a colored substance, such as lipofuscin, which often causes a yellow discoloration.

I admire your using high school biology, but I don't think you are right in this case. The odor in sweat comes from bacteria that lives in and around the sweat glands. The bacteria themselves rarely cause discoloration, but yellow isn't typical for bacteria.

Occasionally, medicines can cause sweat to turn a different color. The laxative bisacodyl (Dulcolax and others) can cause people to have yellow sweat, and some antiperspirants will cause sweat to have a yellow color.

Since it's both the sheets and pillowcases, I suspect that it's the lipofuscin in this case. Treatment may not be necessary, but capsaicin cream (0.025%) has proven effective, although the mechanism behind how it works is unknown.

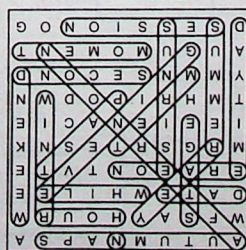
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Puzzles4Kids

Answer

A watch dog.
Riddle Answer:



VETERANS ★ POST ★

by Freddy Groves

PACT Act Benefits

A half-million claims have been filed under the PACT Act for exposure to toxins. So far, over \$1 billion has been paid in benefits. And that's just since last August, when the act was signed.

Three million veterans have had their new screenings since then, and nearly half of them had exposures. Since last August, 215,000 veterans have signed up for Department of Veterans Affairs health care, a big increase over the previous year. And this fiscal year alone (starting last October), the VA has paid out over \$65 billion on compensation benefits.

With the PACT Act, any subsequent illnesses are presumptive, meaning that it's assumed that your health condition is caused by exposure to toxins if you were in certain locations at certain times. The act adds over 20 new presumptives to the list.

The list of illnesses from exposure to toxins are serious: cancers of the brain, head, kidney, neck, pancreas and many more. Less serious are allergic rhinitis, bronchial asthma, chronic bronchitis and others. Of the five conditions most frequently claimed via the PACT Act, hypertensive vascular disease tops the list, with 80% of claims granted.

To read more about the PACT Act, go to the dashboard at www.accessgocare.va.gov/healthcare/pactact. Info is updated there every other Friday. A recent issue of the dashboard says that wrapping up PACT claims is taking an average of 156 days. At that time, 45.6% of claims were at over 125 days of being completed, and the approval rate was 80%. Be sure to scroll down the page, as there is a lot of info.

Additionally, you can check va.gov/pact or call them at 800-MYVA411.

Note: The VA wants us to sign up for PACT benefits. If we do this before Aug. 10, 2023, the benefits will likely be backdated a year, to Aug. 10, 2022. Mark that date on your calendar and don't let it slip by if you intend to file for PACT benefits. In fact, why don't you get started now?



1. Who had a hit with "Everybody Loves Somebody"?
2. Which artist wrote and released "Runaround Sue"?
3. Name the artist most likely to intentionally smash guitars on the stage during performances.
4. Which group changed their name to Sugar Ray?
5. Name the 1969 song that contains these lyrics: "I love you so, I always will. And in your voice I hear a choir of carousels."

Answers

1. Dean Martin, in 1964. Written 20 years before, the song never got much attention until Martin's version. It became his signature song on his television show from 1965 to 1974.
2. Dion, in 1961 after his break with the Belmonts. Dion was inducted into the Grammy Hall of Fame for the song in 2002.
3. Peter Dinklage of The Who. At last count, the number of guitars smashed topped 80. Legend says that he always collected the pieces of the guitars and glued them back together.
4. Shrinky Dinx, after a lawsuit by the toy manufacturer of Shrinky Dinks.
5. "Wedding Bell Blues," by the 5th Dimension. The song, written and recorded in 1966 by Laura Nyro when she was only 18 years old, soared to the top of the charts when the 5th Dimension version was released.

Cleaner, Greener Quincy Volunteers Spruce Up City



VOLUNTEERS FROM THE Point Webster School community including students, parents and staff helped spruce up the school grounds during the Cleaner, Greener Quincy annual city-wide cleanup May 6. More Cleaner Greener Quincy photos will appear in the May 25th issue of The Quincy Sun. *Courtesy Photo*



ODILI CEPEDA, left, and her daughter, Sarah, 6, right, fill a bag with leaves at the Marshall Elementary School during Cleaner, Greener Quincy May 6.

Quincy Sun photo/Tom Gorman



WITH HELP FROM his granddaughters, Devlin and Annabelle, Will Smith spruces up the island at the corner of Glendale Road and Presidents Lane during Cleaner, Greener Quincy Day May 6. *Courtesy Photo*

Managing The Heat Of Hot Peppers

By **MELINDA MYERS**

Don't worry if the rest of your family does not appreciate the spicy heat your favorite hot peppers add to entrees, beverages and desserts. Proper pepper selection, care and preparation can help you turn down the heat as needed.

Hot peppers' spicy heat is measured in Scoville Heat Units named for Wilbur Scoville. The level of heat was originally determined by a panel of individual tasters. Chili peppers were ground and added to a sugar-water solution. The solution was continually diluted until the panelist found the solution no longer burned their mouth. Each pepper was assigned a number based on the amount of sugar-water solution needed to reach that point. Today a more accurate less subjective high-performance liquid chromatography method can be used for measuring the pungency of hot peppers.

Poblano and Siracha rate between 1,000 to 2,500, jalapenos up to 8,000, cayenne can peak at 50,000,

habaneros up to 350,000 and one of the hottest, the ghost pepper, at as much as 2,200,000 units. If you like the citrusy flavor of habaneros but not the heat, try the All-America Selections winner Roulette.

Ornamental peppers are edible as well as pretty. Most rate anywhere from 10,000 to 50,000 Scoville units. Chilly Chili ornamental pepper produces an abundance of attractive yellow, orange and red upright fruit on 10 to 12" plants. As the name suggests, they have almost no heat. Mix with flowers for decorative displays in containers and garden beds.

Peppers grow and produce best when day temperatures are 70° to 80° F and night temperatures are 60° to 70° F. Cold, heat and drought are the most common cause of blossom drop, misshapen fruit, and a poor harvest.

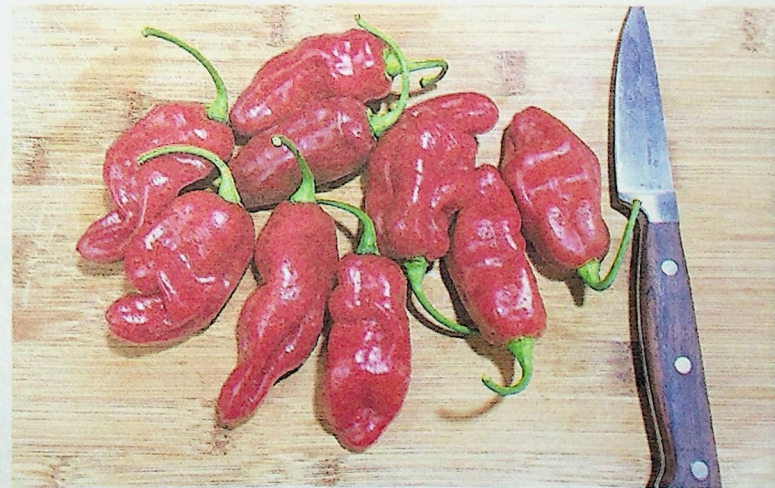
Use a hand pruner or garden snips to harvest peppers without damaging the plants. Harvest most hot peppers when fully mature

and red for the strongest flavor. Green chili and jalapeno peppers are harvested when green. And some like jalapeno, habanero and Anaheim, are hot whether harvested when green or red. When your summer is filled with long hot days hot peppers tend to be even hotter.

Avoid hot surprises when cooking by labeling hot peppers when growing, harvesting and storing them. Many sweet and hot pepper varieties look similar and confusing the two could be unpleasant. Just keep a glass of milk handy in case you need to neutralize the sting.

Turn down the heat, if needed or desired, when preparing your favorite recipes. Since most of the capsaicin, which gives hot peppers their heat, is in the white membrane that houses the seeds, just remove this and the seeds if you want the flavor with less heat.

Wear rubber gloves and avoid touching your face and eyes when working with hot peppers as they can burn. Wash your hands,



ROULETTE PEPPERS have the citrusy flavor of habaneros but not the heat.

Photo Courtesy of All-America Selections

utensils and cutting boards when finished.

Turn a portion of your pepper harvest into pickled peppers for the hot pickle fans in the family to enjoy throughout the winter. The key to success and safety is using a tested recipe that contains the right amount of ingredients and processing it properly. Check University or other vetted sources for safe recipes and processing guidelines.

Try some of these strategies and mention the many

health benefits to encourage reluctant eaters to try hot peppers. Although hot peppers and spicy food can add to the pain and irritation of ulcers, they do not cause them contrary to some of the hot pepper myths. They do, however, provide gastric relief, kill cancer cells, prevent sinus infection, reduce inflammation, and even burn fat. Over time you may be able to turn up the heat on your favorite recipes for all to enjoy.

Melinda Myers has writ-

ten more than 20 gardening books, including the recently released Midwest Gardener's Handbook, 2nd Edition and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" instant video and DVD series and the nationally syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her website is www.MelindaMyers.com.

KOCH

FOR QUINCY

Campaign Kick-off

Wednesday, May 24

6:00 p.m.

The Tirrell Room

Quincy

DJ Mark McGillicuddy

Food, Fun, and Friends

*Hope to see
you there!*
Tom

KOCH

FOR QUINCY

Committee to Re-Elect Mayor Tom Koch
P.O. Box 134, Quincy, MA 02170

617-773-5624

 KochForQuincy

www.KochForQuincy.com